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OUR ANNUAL SHORTCUTS ISSUE!

5 INGREDIENTS & DONE

Contest Winners That Make Meals Easy

MAKE A SPLASH!
Thirst-quenchers to WOW a crowd, *p.29*

DELI-LICIOUS SANDWICHES FOR GROWN-UPS

ROAD TRIP

Eat The Best Of The U.S. Right In Your Own Kitchen, *p. 77*

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Set Stylist: **Stephanie Marchese**
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VISIT US ONLINE

From juicy burgers to delectable desserts, you'll find just what you need for everything from weekend picnics to poolside parties at **tasteofhome.com/summerrecipes**

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Assistant Photo Coordinator **Mary Ann Koebernik**

Vice President, Publisher, Taste of Home Media Group **Lora Gier** **lora_gier@rd.com**
Associate Publisher **Mary Gilbert, mary_gilbert@rd.com**
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Regional Account Director **Donna Lindskog, donna_lindskog@rd.com**
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Midwest Account Manager **Lorna Phillips, lorna_phillips@rd.com**
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To contact our editors:

Write:
Taste of Home
5400 S. 60th St.
Greendale WI 53129
414-423-0100

Email:
editors@tasteofhome.com

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If Recipes Could Talk

There's no doubt about it, actually. **Recipes often have stories** to tell and **familiar faces** to bring to mind

Think about your favorite dishes—your own family's creations, ones you grew up with, the stuff of legends. Now call to mind the faces and stories behind each of those dishes. Right there, dear friends, is the magic of food.

The best recipes are ALWAYS wed to at least one juicy personal story, and the most beloved have a namesake, a person, attached right to them. I can give you tons of examples: Between the Cassidys proper and the folks who married into our brood or stuck around long enough to be called "family," we have way more than our fair share of such treasures.

There's **Grammy's Goulash,** a tomatoey-noodly-hamburger melange—not goulash at all—as sharp foodies will point out. Family lore holds it was the dish that endeared my dad to my mom. **Aunt Betsy's Stay-in-Bed Stew** was an all-day affair that predated today's slow cooker and gave tapioca a practical use beyond pudding. (Aunt Betsy had a fabulous hilltop home with a giant POOL. Naturally, we never appreciated this dish until we were adults.) **Amos' Beans** are a pantry cook's dream, a blend of sweetly smoky, savory goodness that I'm routinely asked to bring to parties. They have no idea Amos is a scratch golfer living in Iowa, but all who indulge in his dish DO know he cooks up a rippin' good pot of beans.

And then: **Fran's Macaroni Salad**, courtesy of a feisty woman who taught me that girls should lift weights and who sadly succumbed to cancer several years ago. **Kim's Apple Pie**, which her husband, Bill, refers to fondly as "apple soup." That said, she is a great cook and baker. Really.

So many people and their dishes keep coming to mind. **George's Wedding Potatoes**. **Flo Karney's Onion Bread**. **Cherie's Dad's Eggy Pancakes**. Mom has a bunch of stuff named for her; **Mom's Broccoli Dip, Mom's Flank Steak** and **Mom's Banana Bread** to mention just a few. Then there's **Aunt Ma's Coconut Cream Cookies**. And **Mary's Stuffed Mushrooms** (the Mary behind these mushrooms is my sister who did a lot of the research on these family recipes, and who requested that I include these bites in our hit parade. That's easy enough, Mar—they're awesome!).

Then there is something known simply as **Sauce**. Even though it doesn't have a name attached, everyone knows it's my brother-in-law John's Italian standard, and he brews it up for all occasions. The non-occasions quite frankly are the best. "Mom's coming up to prune the roses and mulch, then we're going to Sam's Club," my sister Jan will say. "John's making Sauce." Read: excellent meal to follow.

They say "People make the place." Well, people "make" the food, too, in more ways than one. What I love so much about *Taste of Home* is that we celebrate the folks who make each food story come to life. People like Lisa Keys of Middlebury, Connecticut, our five-ingredient contest winner (*p. 63*). And Anne Tegtmeier and Donna Kelly, a mom and daughter reunited after 27 years who discovered they share—happily—a passion for cooking (*p.72*). And Sue Gronholz, a Field Editor from Beaver Dam, Wisconsin, who took the $25,000 grand prize in our *Taste of Home* Cookbook Recipe Contest this year (*p. 15*) by doing what she loves best—making cheesecake!

Food is most nourishing when there's a history of love baked right into the crust, caramelized into the casserole, simmered into the sauce. So in this magazine, in all our cookbooks, on our website and even in technology that has yet to appear on kitchen counters, we will ALWAYS share with you the name of the home cook who has been generous and proud enough to share a recipe, a story, a moment in time with us. That you have been enchanted enough with a dish to turn it into family legend in your recipe collection is, in the end, the magic of food. And it's what *Taste of Home* is all about.

P.S. Thanks to you all for sharing your amazing cooking shortcuts for this issue. They are featured throughout these pages with a special icon. Mine? They start with my freezer! Chili, soups, bean dip, casseroles, mashed potatoes—they all freeze splendidly and make an easy meal when you have zero time. (Did you know you can freeze cheese and butter?)
For more great freezer meals and tips, pick up a copy of our *Taste of Home Fall Freezer Meals,* on newsstands beginning August 30.

P.P.S. All of the recipes I've mentioned here can be found online at **tasteofhome.com/namesakes.** Except for the no-name Sauce made by John. He won't even share that one with me!

Catherine

CATHERINE CASSIDY Editor-in-Chief

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What are your best kitchen shortcuts?

HOLLY BALZER-HARZ MALONE, NEW YORK (FE)

- Dishes aren't such a chore if you clean as you go. When I start preparing a meal, I run half a sink of hot water and soap, and wash a pan or utensil as soon as I'm done with it. It's amazing how much that helps!
- I have a clip-on timer that I hang on my waistband when I have food in the oven. It frees me up to get things accomplished in other areas of the house, where I wouldn't hear the timer in the kitchen.

The mother of three grown children, Holly runs a bakery business specializing in wedding and celebration cakes. She has a room full of cookbooks but never has trouble finding the exact recipe she's looking for.

KELLY HOFFEE MILLERSBURG, OHIO (FE)

There are plenty of shortcuts I use around my kitchen. Here are two of my favorites:

- I purchase an economy-size can of pizza sauce and add it to 3 pounds of browned sausage. I measure out by 2/3 cups and freeze in resealable freezer bags. Anytime we want pizza, I just pull out a bag.
- When making deviled eggs, I put the yolk mixture into a resealable plastic bag, cut a small corner and squirt it into the egg halves.

Kelly works for the U.S. Postal Service. She and her husband, Robert, have two daughters, Toren, 13, and Marris, 12. In her spare time, Kelly enjoys spending time with family, boating and stamping.

CLAIRE KINDEL WEST SACRAMENTO, CALIFORNIA (FE)

- One of my favorite weekend shortcuts is to peel and cook several pounds of potatoes, mash them and separate them into 1-pound resealable freezer bags. You can even season each bag differently before freezing. Then all you have to do is heat them in the microwave when you want real mashed potatoes with your meal.
- I go to the farmers market and buy several veggies, clean and slice them when I get home and separate them into freezer bags. I always have fresh vegetables on hand for stir-fries, casseroles or steaming.

Claire says she's a "baby boomer foodie" married to the "perfect man," Tip, a former TV newscaster and producer. Retired from a career in sales and marketing, Claire finds cooking a great way to relieve stress.

(FE) **This icon** denotes a *Taste of Home* Field Editor throughout the issue.

WHAT IS A FIELD EDITOR? These 1,000 volunteer editors, from every state and Canadian province, share recipes and tips with our staff and online community, as well as spread the word about *Taste of Home* in their area. See the complete list on *page 83*. Maybe one of them lives near you!

Dear Jane...

With school just around the corner, duties that you put aside for the summer, such as making bag lunches for the kids, will soon be back on your schedule. I dreaded making lunches for my four children because I thought my selections were probably boring for them. But once in a while, I would splurge and surprise them with a special treat. And often I would tuck a "Made with Love" note somewhere in their lunch bags.

Now that my kids have to make their own lunches for work, I'm finding they appreciate those brown bags I prepared. All they had to do was grab their lunch and go. Who knew they'd have fond memories of their school lunches and that I'd be blessed with thank-yous years later. What a treat for me!

***TOH* editorial assistant Jane Stasik reads all your letters and emails. Drop her a line at dearjane@tasteofhome.com**

LOVE LETTER: IT'S A PARTY

My friend Rebecca invited me to a *Taste of Home* Cooking School that was in our town for the first time. Rebecca had always wanted to go, and I had never heard of *Taste of Home* but wanted to check it out. Afterward, we were so excited to try the recipes that we had a *Taste of Home* recipe-tasting party with three friends who had also gone to the cooking school show. Each of us made a different *Taste of Home* recipe. We had so much fun that we decided to do it every month with more friends. We can't wait until our next party—and the next cooking school.

—WENDY THOMAS
SANTA MARIA, CALIFORNIA

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Our Readers Share The Love . . .

A *TASTE OF HOME* INSPIRED BIRTHDAY

My obsession for cooking started after I received my first issue of *Taste of Home* from my grandma a few years ago. For my sister's 13th birthday, I decided to make her a meal of her choice as my gift to her. All the recipes she selected were from *Taste of Home*. She wanted me to try a new recipe: the Red, White and Blue Cheesecake from the June/July 2011 issue for her cake. We both thought it looked scrumptious. As I started baking, the oven broke down. In transporting the cake to a new cooking location, we encountered a few near spills. The finished product, however, not only looked delectable, but tasted that way as well! It's a birthday cake that will be remembered for years to come!

—ASHLEY MOYNA ELKADER, IOWA

We welcome comments at **editors@tasteofhome.com**. Each issue, one lucky reader will receive a *TOH* apron for sending in our favorite "love" letter of the month. Wendy Thomas, *lower left*, is this issue's apron winner!

ON THE ROAD AGAIN

Thanks so much for the addition of Jane and Michael Stern's "Roadfood" column to an already great magazine. I have some of their books and always enjoy when they transport me to places I've never been.

—MYRNA DOOLEY PUEBLO, COLORADO

BEST BRATWURST

On page 33 of your June/July issue, you talk about cooking bratwurst in beer. For those who do not care for beer, I absolutely love cooking brats in ginger ale with some fresh lime juice; it makes them so tender and delicious.

—DONITTA PALMIER LANTANA, TEXAS

GREAT CREPE CAKES!

I made the Red Velvet Crepe Cake, *below*, for a Memorial Day party barbecue with our friends. I'm fairly new to crepe making, but the cake came out looking, and tasting, great! Thanks for a wonderful recipe that really impressed all of my friends!

—ASHLEY JOHNSON CULVER CITY, CALIFORNIA

Pretty Enough to Eat! Ashley shares her photogenic Red Velvet Crepe Cake (June/July, *page 27*). Find the recipe at **tasteofhome.com**.

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mixing bowl

FOOD news • TASTY nuggets • FUN notes

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color your kitchen

Let your **creative spirit** loose with an artful assortment of **room-brightening** finds

PRODUCED BY **LISA FREDERICK,** ILLUSTRATIONS BY **ALLI ARNOLD**

Hot Seat Spice up an eat-in kitchen with this folding chair, featuring hand-screened upholstery by artist Rebekah Maysles. Terai Chair in Kerala Floral, **anthropologie.com**, *$198*

Spattered Style Fling and drip fabric paint over a purchased or homemade table runner for a Jackson Pollock-inspired showpiece. Feeling ambitious? Make place mats to go with it.

Eat the Rainbow For a cheeky riff on an artist's palette, serve nibbles in bright bowls on a tray. Look for bowl sets at housewares stores, flea markets and antiques shops.

Photo Ready Jot quick, simple recipes on postcard versions of paintings or photos, then tuck them in wire photo holders on a shelf or counter. The double payoff: instant art and a handy stash of meal ideas.

Bowled Over Empty or full, this striking vessel acts as functional sculpture. Choose from two sizes and a range of finishes, including purple epoxy resin, shown here. La Rosa Fruit Holder by Emma Silvestris, **alessi-shop.com**, *$80-167*

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"I like to drizzle molasses on plain yogurt."
—KATHRYN CONRAD
FOOD STYLIST

"I buy large cartons of plain, reduced-fat yogurt, drain it overnight, then whisk in orange juice until I get to a nice creamy consistency. I also add some honey, vanilla and grated orange peel for flavor and sweetness."
—PEGGY WOODWARD, RD
FOOD EDITOR

GIMME 5

Yogurt Yummies

It's a staple in many kitchens these days, but sometimes yogurt needs a little help. Keep yours lively by trying a few of our staff's favorite ways to mix it up.

"My daughter stirs in the crumbs from cereal packages. I cut up bananas and break up a chocolate-covered pretzel, then stir them into banana- or vanilla-flavored yogurt."
—DULCIE SHOENER COPY EDITOR

"I sprinkle wheat germ over vanilla yogurt and freeze it for about 20 minutes. It tastes like ice cream."
—DAN NOVAK
MARKETING ANALYST

"I add honey, cinnamon and ground flaxseed. And you have to use Banilla yogurt."**—MARC PADRON**
TASTE OF HOME COOKING SCHOOL

SURVEY SAYS

What's for Lunch?

With back-to-school season here, we couldn't help but ask our Facebook fans to share their favorite school cafeteria lunch. Here's a sampling. The lunch ladies would be so pleased!

- **Pizza burgers, French bread pizza or Friday Pizza Day. So, anything with pizza.**
- **Shepherd's pie served in a Styrofoam bowl with a spork.**
- **Wiener wraps. Man, were they good!**
- **Mashed potatoes shaped like the ice cream scoop they were served with, and loads of gravy.**
- **Homemade bread, rolls and icing-drenched cinnamon rolls. We would run to the lunch line to get them.**

We've been ranked one of the Top 10 most engaging magazines on Facebook! Become a fan and start sharing your opinions at **facebook.com/tasteofhome**

SMART SHOPPER

Get the Berry Best

We all know that sweet, juicy berries make wonderful additions to smoothies, desserts, yogurt, dinner and, well, almost everything. But berry season is winding down, so now's the time to stock up at farmers markets and grocery stores before their prices soar. To keep them on hand year-round, place unwashed berries in a single layer on a cookie sheet lined with plastic wrap and stick them in the freezer for a few hours. Once frozen, transfer the berries to freezer-safe bags and label. Store for up to one year and gently rinse before using. Now you can enjoy their fresh taste anytime!

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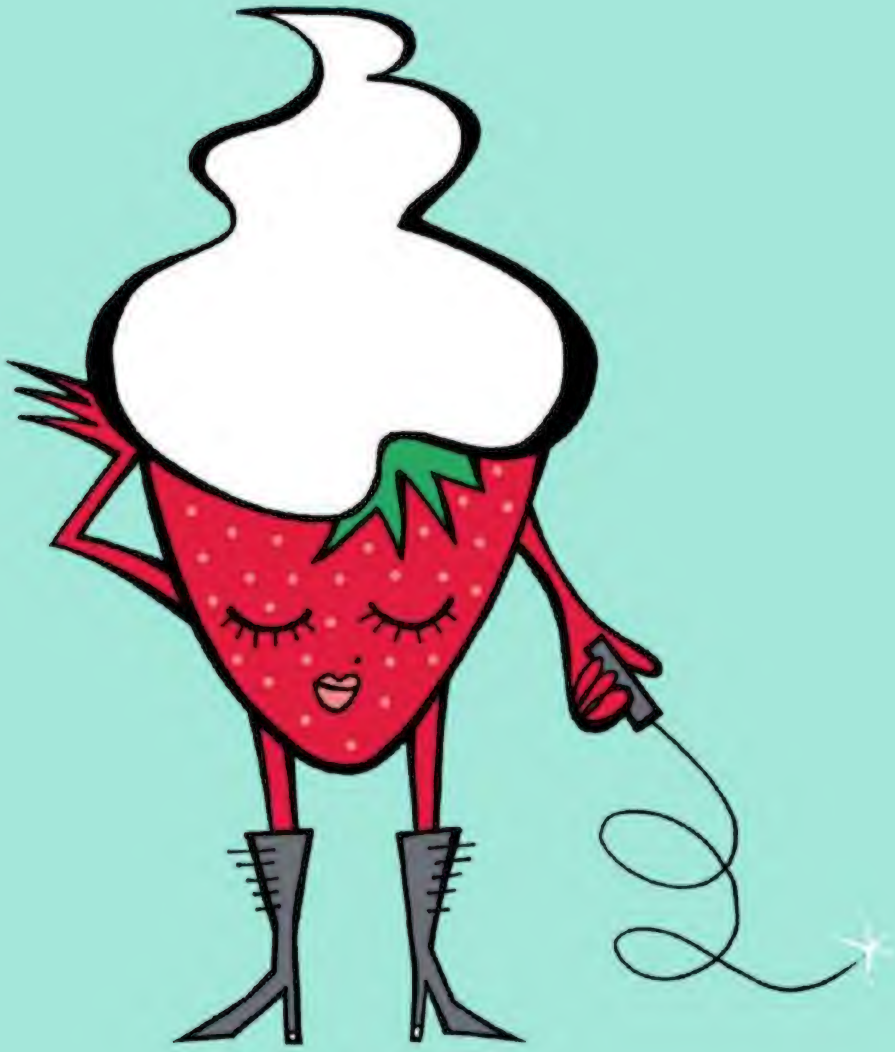
Fruit + Reddi-wip

Feels naughty. But it's not.



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PLAY WITH YOUR FOOD

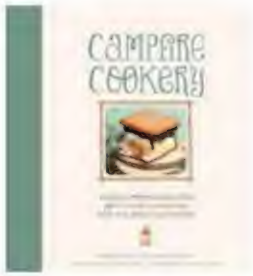
Take a package of **brownie mix** and turn it into campfire cupcakes. These fun treats are **just smokin'**

Cookout Brownies

Prepare **brownie mix** according to directions on box. Sprinkle brownies (or chocolate cupcakes) with **orange-colored sugar** to resemble hot coals. Pipe on grill grates using **black decorating icing**.

Use **Hot Tamales candy** for faux hot dogs. Pipe grill marks on them using more icing.

—JENNY STURMA MILWAUKEE



ONE FOR THE BOOKS

Campfire Cookery: Adventuresome Recipes and Other Curiosities for the Great Outdoors

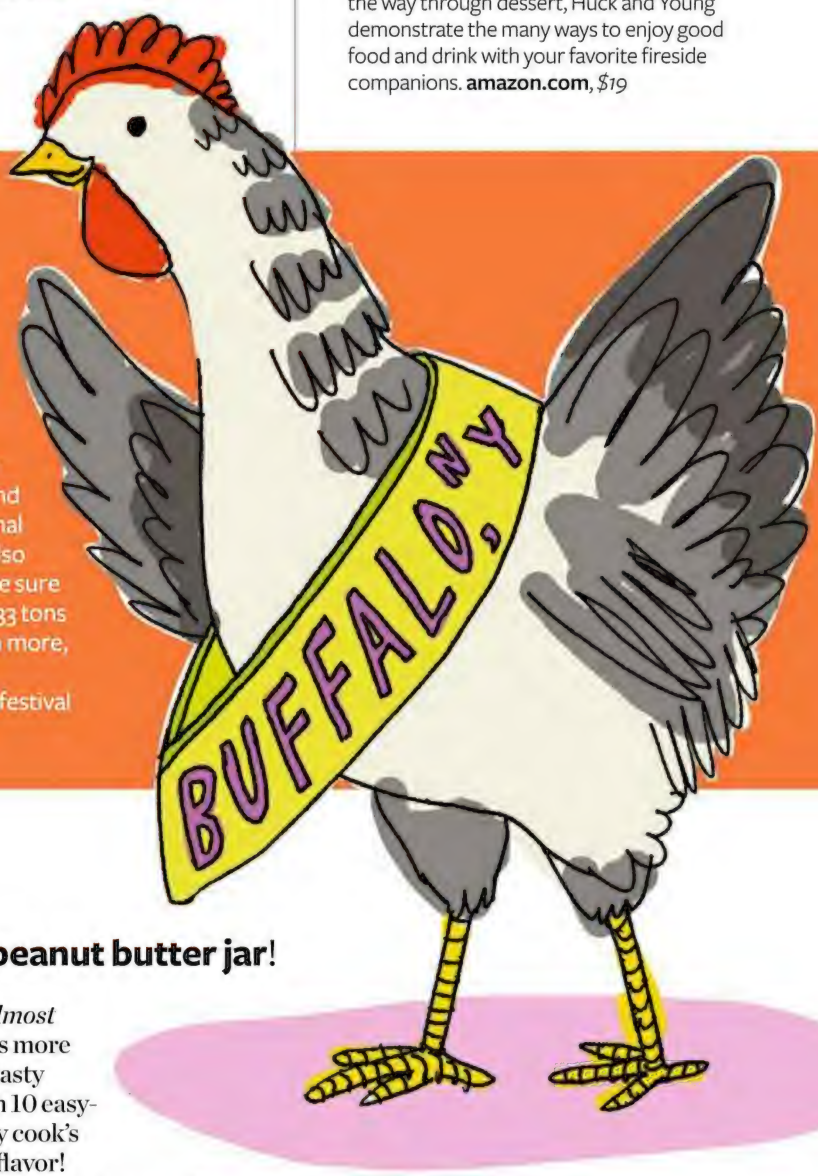
Get ready to rethink the possibilities of what can be savored over the open flame! Authors Sarah Huck and Jaimee Young share more than 100 creative recipes along with several family camping activities. From breakfast all the way through dessert, Huck and Young demonstrate the many ways to enjoy good food and drink with your favorite fireside companions. **amazon.com**, *$19*

GREAT FIND

JUST WING IT

Are wings your thing? Then get thee to Buffalo, New York, for the National Wing Festival, Sept. 3-4, where Wing Kings are crowned and buffalo sauce drips from everyone's fingers. Our Facebook fans swear this is where the greatest wings reside, and of course, there are contests galore, from best sauce (traditional and creative) to amateur and professional wing eating. You'll also find musical entertainment and plenty of kids' activities, too. Be sure to bring your appetite: Last year, 71,000 attendees consumed 33 tons of wings, which is a little less than a pound per person! To learn more, visit **buffalowing.com**.

Find something great? Got a special food find, be it a diner, festival or something else? Send it to **editors@tasteofhome.com**.



HIDE & SEEK

Enter our hidden object contest! Find the **peanut butter jar**!

You could win a copy of the *2011 Almost Homemade Annual*, which features more than 300 recipes and tips for fast, tasty meals—all made with no more than 10 easy-to-find ingredients. This is the busy cook's secret to meals with from-scratch flavor!

Go to **tasteofhome.com** to enter; 100 winners will be drawn from entries with the correct answer. Or mail a postcard with the page number and your name, address and phone number to Hide & Seek, *Taste of Home*, 5400 S. 60th St., Greendale WI 53129. Winners are drawn at random.

In our June/July issue, the red tongs were on page 75, in the tomatoes.

JAR: JESSIE OLESON

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STUFF HIT THE BOOK(MARK)S WE LOVE

Start the school year on a high note with our roundup of web resources

- If you can't find it on **amazon.com**, there's a good chance it doesn't exist. From notebooks and pencil cases to electronics and educational tools, the online retail giant is a one-stop shop for classroom needs and beyond. Set up a back-to-school wish list to keep track of favorites.

- Streamline the morning rush with gear that keeps everyone organized. The Container Store **(containerstore.com)** offers scores of solutions for every room in the house. We like the versatile Horizon Crunch Can by Umbra, *above right*, a catchall that scrunches and expands to hold sports equipment, laundry and more. Sturdy handles make it extra-portable. Available in round and rectangular shapes, several sizes and four colors, including yellow, shown here; *$20*.

- For durable backpacks, classic clothing and other sturdy essentials, L.L. Bean **(llbean.com)** is our go-to. We're fans of the Original Book Pack, *left*, a roomy workhorse that can withstand years of toting textbooks. Choose from five colors, including this royal blue; *$28*

- Homework, chores, Scouts, soccer—the household schedule can spiral out of control in a blink. Keep everyone on track with **cozi.com**, a free online organizer that includes shared family calendars, to-do lists and lots of other tools.

- Brown bag? Ho-hum. Inspired lunch boxes and other finds at Laptop Lunches **(laptoplunches.com)**—such as this Flower Insulated Bento Carrier; *$22*—combine sleek style with eco-friendly materials. Bonus: The site provides seasonal menus and recipes.

A *GRAND* GRONHOLZ!

Actually, make that a 25-grand Gronholz. Sue Gronholz, *far left*, of Beaver Dam, Wisconsin, won $25,000 in prize money after dazzling our judges with her Neapolitan Cheesecake. Catherine Cassidy, *right*, our Editor-in-Chief, presented Sue with the check right after she finished gobbling up a piece. Want a crack at your own $25,000? Enter our Ultimate Potluck Recipe Contest. See details at **tasteofhome.com/ultimatepotluck**

HATS OFF

Inspired by *TOH*, a California mom served lunch to her sons' school

My boys, Ben and Sam, attend a public charter school in Lincoln, California. Since we're a small school, fundraising for teachers' supplies can be challenging. So, inspired by stories of *TOH* readers who have done great things for their community, I thought, *Why can't we put on a hot lunch as a fundraiser and feed the whole school?* Even though our school doesn't have a cafeteria, we do have a stove and small refrigerator in the teachers' workroom. With careful planning, support from some great parents and help from my wonderful family, we teamed up with my sons' second- and third-grade class and asked them to help with planning, preparing and serving hot lunches.

We ran it like a little restaurant, bringing five students into the workroom at a time and letting them help cook, prepare and clean up. Then students dressed in homemade aprons and hats delivered the meals to each class. We genuinely felt like a community working together for a great cause. We served over 110 hot lunches and met our fundraising goal. Thank you, *Taste of Home*, for always motivating and inspiring me. ■

—JALENE LEE ROSEVILLE, CALIFORNIA

WHAT'S YOUR "HATS OFF" COOKING TRIUMPH? Send it to **editors@tasteofhome.com** and put "Triumph" in the subject line. We'll award one success story each issue with a *Taste of Home* chef's hat, handmade by Field Editor Virginia Watson of Missouri. Congrats, Jalene!

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open house

BRIGHT IDEAS for welcoming friends & family into your home

Come Explore! Poke around Lynette Sonne's kitchen and you'll find it's loaded with brilliant design ideas and clever planning.

Build It and They Will Come

This California kitchen was designed to invite others in. Including you! So come learn how to do the same.

BY ELIZABETH RUSSELL | PHOTOGRAPHY BY JEREMY SAMUELSON
STYLING BY DARA SAMUELSON

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When you've got years to plan your dream kitchen, a blank canvas to work with and expert help to execute your vision, the end result had better be what you intended: a dream come true. For Lynette Sonne and her boyfriend, Keith Morgan, this Paso Robles, California, kitchen is all that and then some.

"When building this house, I wanted to pair the warmth of an old barn with the convenience of modern appliances," says Lynette. "Since we host parties with anywhere from 12 to 40 guests, the room's scale needed to accommodate large, family-style entertaining. So the space was designed with workstations, as I needed a kitchen that allowed me to prep, cook, bake and welcome friends and family."

With that in mind, Lynette, with help from a designer and an architect, created several areas devoted to specific tasks:

Stovetop cooking: All pots and pans are stored within reach of the stove, as are spoons, spatulas and ladles. "That way, I'm not running all over the kitchen and between guests as I put the finishing touches on a dish," she says.

Baking: Drawers for mixing bowls, measuring cups and a stand mixer are located near the pull-out pantry, which is stocked with baking ingredients. "I host an annual baking party," says Lynette. "Having a designated prep space keeps the process simple."

Dish washing: "I love serving ware," says Lynette. "So I needed a large sink to accommodate washing delicate pieces. Plus, the dishwashing drawers make it easy to wash what I need when I need to."

Of utmost importance, though, was creating a kitchen where guests could mingle with the host. "Everyone ends up in the kitchen," says Lynette. "I wanted space for people to talk while I cooked. The island not only serves as prep space, but also lets traffic flow through and get in and out." And that traffic is often heading in the direction of the wine bar.

"We enjoy collecting local wines and sharing them, so the bar and wine fridge were a must. House rules are, 'We'll serve the first one, but after that it's self-serve.' This layout makes guests feel welcome, but also gives me space to work." ■

Eye Catcher This Craftsman-style light fixture lends color and elegance to the kitchen.

Disappearing Pantry Without space for a walk-in pantry, Lynette opted for a large, pull-out storage space that blended into the room when closed.

HAVE A GREAT KITCHEN?

We'd love to see what you've done with the place! Send photos (including "before" shots if it's a remodel) plus a family photo to **editors@tasteofhome.com**. If we feature your kitchen, you'll receive $250.

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Smart Positioning Locating the wet bar away from the cooking space lets guests get drinks without getting underfoot.

1

Purposeful Design "I love copper," says Lynette. "This sink is lovely and forgiving if I drop a plate when washing dishes."

2

3

4

5

DO IT YOURSELF

Get a party-ready kitchen

1. **Help Yourself** A bar and wine fridge at the kitchen's entry invite guests to serve themselves.
2. **Strategic Planning** The large copper sink fits serving platters and keeps washing water warm.
3. **Convenient Storage** Deep drawers make large pots, pans and more easy to access and store.
4. **Chop with Charm** An island becomes a focal point in a kitchen. Aim to blend form with function.
5. **Within Arm's Reach** Dishes pile up fast during parties. Having a dishwasher near the sink makes it simple to hide them.

MORE ONLINE: See more of Lynette and Keith's kitchen at **tasteofhome.com/kitchentour**

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Gateway to Good Times
In the parking lots of countless stadiums around the country, people are gathering for massive celebrations of food, friendship and funny types of headwear.

paradise is paved

We dove headfirst into the unique and fascinating world of parking lot parties to learn how **a tailgate can become a tail-great** | BY ELIZABETH RUSSELL

They are a different breed, if by the term "different breed" you mean kindly yet a little bit eccentric. Some have bizarre nicknames. Others have painted faces and chests (including the men). All have a knack for finding new friends in a crowd of 100,000. They can throw a open-air party for 40 out of a car's trunk, convert a chunk of blacktop into an impromptu rumpus room and explain in intricate detail the layout of any stadium in America. They're called tailgaters, but they may be more aptly named *tale*-gaters, because stadium legends have a way of springing up around these super fans and their pregame roof-raisings (minus the roof, of course).

Their parties are open to everyone in the parking lot and feature the best food, drinks and fun in all the Asphalt Kingdom. You may have seen them from afar—with your lone beer and brat in hand. But, all along, they've been calling you to join in the fun. These are the people who will teach you how a tailgate can often out-rival the games themselves. These are the people you will come to call friends.

So prepare to enter a world where tongs come with an attached bottle opener, strangers ask you to try new dishes they've created, and generosity and hospitality are ways of life.

PHOTOS: MATTHEW GILSON

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THE FOOD. OH, THE FOOD

Tailgaters take their food very seriously. And the type of food you'll see evolves constantly—it's no longer just about burgers and brats. To help you make your mark in a competitive field, we've assembled a stand-out menu of tailgate tapas. See the recipes on *page 24*.

TIP
Mix up the steak with shrimp and chicken, too.

Baja Chicken & Slaw Sliders
page 24

Steak Teriyaki Quesadillas
page 25

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"BIG 10"

Taylor "Big 10" Mathis

This 25-year-old University of Wisconsin alum traveled more than 16,000 miles in 13 weeks to experience some of the best in college football tailgating. He documented his 13-city tour on his blog, **taylortakesataste.com**, and is in the process of writing a combination book-cookbook based on his experiences. "I kept hearing my friends talk about their tailgating experiences at their schools. They were so different from mine, and I wanted to see what it was all about."

> *There's no* right or wrong way to tailgate.

TALES FROM HIS TAILGATES

"At college stadiums, the traditions of the school shape the tailgating experience. For example, open flames aren't allowed at the Grove, where Ole Miss fans tailgate, so there's no grilling. In Washington and Tennessee, the stadiums have water access, so you can tailgate on your boat.

"Game time often dictates the food. If kickoff is 11 a.m., you have less time for multiple meals. But if the game's at 2:30 p.m., some people get there at 4:30 a.m. to serve breakfast and roast an entire pig.

"After visiting 13 college towns in 11 states, I found one tailgate—the Texas-Oklahoma game—that was unreal. To get to the stadium, you have to go through the Texas State Fair, so the fair becomes one big tailgate filled with two huge fan bases. It's a sea of burnt orange and crimson. There were 92,000 people inside the stadium and another 100,000 outside the game at the fair."

LESSONS LEARNED

- "Tailgating should be fun. It can be daunting when you see big setups of people who have been doing it for years. But that elaborate spread started simply."
- "Tailgaters are incredibly friendly. Go say hi. I met people just by walking up and asking about their food or something interesting in their setup."
- "Use it as an excuse to gather with people you like. Multiple generations tailgate together because they all went to the same school. It's like a mini reunion."

"DAWGPOUND"

Mike "Dawgpound" Randall

He's a lifelong fan and season ticket holder of the Cleveland Browns, and a key member of the American Tailgaters Association. "I've been tailgating since age 8 or 9 and loved being outside a stadium while my dad grilled. We'd toss the football, eat breakfast and lunch, and count down to game time. Now I tailgate with my four kids and turn the game into an all-day event."

> *All it takes is one* positive tailgating experience *and you can't help but want more.*

TALES FROM HIS TAILGATES

"Tailgating is not just for football. It's for concerts, NASCAR, baseball, high school sports and more. It's all about being around good people who want to have good food with their friends, whether it's ones they've known forever or just five minutes.

"My passion is visiting other stadiums. I love the atmosphere, seeing the different arenas and meeting different people. Your experience is going to be different in Houston than in Oakland or Baltimore. The music, food and people change from place to place, but they all welcome you in.

"Tailgaters become like your winter family. You get to be outdoors at a sporting event you love, with like-minded people around you. Your family and friends are with you. That's where my passion is."

LESSONS LEARNED

- "Tailgating is about taking the opportunity to make an event out of something with people you enjoy."
- "If you don't know anyone, comment on a goofy hat or ask about their food. It's amazing how tailgaters, who have spent so much money on food and drinks, are willing to share it all with strangers."
- "Have fun, be in the moment and just forget about life for a while."
- "Let the food and traditions of where you are become part of it. Embrace the entire experience."

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"PURPLE DAME"

Cindy "Purple Dame" Pierce

Every molecule in this woman's body belongs to the Baltimore Ravens— except for her taste buds, which belong to the food of hundreds of tailgates she has visited. She has used her enthusiasm and local fame to start female fan groups for all ages and give back to charities. "My dad took me to my first tailgate when I was 18. The atmosphere was phenomenal. Thousands of fans surrounding the stadium, the aroma of food changing as we passed each tailgate. Total strangers asked us to join in and taste their food. Then the Baltimore Ravens swept me off my feet. I've attended every home game since 2002."

> *Tailgating is like* going to an NFL rock concert.

TALES FROM HER TAILGATES

"From the top of my purple-and-gold spiked hair to the bottom of my purple-and-black Chuck Taylor high-tops (adorned with Ravens autographs), I am a fanatical, radical fan. Every game day, I meet every fan I can, rally every group I see and spend the duration of the game feeling the energy on the playing field and firing up the folks in my section. Part of what makes the entire game-day experience so memorable is the camaraderie, generosity and hospitality shown by the thousands of tailgaters who surround the stadium before every game.

"Over the past few seasons, I've been featured in magazines and newspapers and on television and radio. This notoriety allowed me to help found the only two official fan clubs endorsed and represented by the Baltimore Ravens and designed exclusively for women."

LESSONS LEARNED

- "Get into it. Don't be afraid to dress up in your team's colors to whatever extreme you want."
- "If you're invited to other tailgate spots, go. You'll find great new ideas, recipes and people."
- "Have a signature dish. I know a guy, Fireman Dave, who makes awesome crab brats; they're just like a bratwurst but stuffed with crabmeat. The Poe Brothers always have an amazing crock of soup to offer people—it makes their tailgate a destination."

"THE COMMISH"

Joe "The Commish" Cahn

He's the Commissioner of Tailgating, a man who tailgates for a living. Seriously. He runs the website **tailgating.com**. He's been on the road tailgating (with his cat, Sophie) for 15 years. "I started after selling my business and deciding to visit every NFL stadium. I had seen little bits of tailgating on TV and thought it was a group of guys hanging out before the game with a beer and a grill. But it's much more than that, and I instantly fell in love with it."

> A tailgate is like a wedding reception *that everyone is invited to.*

TALES FROM HIS TAILGATES

"What draws me into tailgating is the interaction. People don't interact face-to-face much anymore. We text or email. Our homes have fences, and we're in our cars with the windows rolled up and the AC on, and we pull right into our garage. At a tailgate, all that goes away. It's like the last great American neighborhood. If Norman Rockwell were still alive, painting iconic American scenes, he'd paint a tailgate.

"I think this lifestyle is working for me because I've always represented tailgating in a positive way. Being bald with a big beard helps, too. I'm pretty well recognized at pro games now, and because of all that, I'll get sponsorships from certain companies or get tapped to appear on a TV show about tailgating. But for me, it will always be about getting the chance to tailgate, no matter what the event or location."

LESSONS LEARNED

- "When you have your own party, you really can't go to anyone else's party. So I realized I could find out more about tailgating if I walked around. Now, I set out a bunch of snacks for people to enjoy, and I go find old friends and make new ones."
- "Don't work so hard. People are coming to see you. The worst thing you can do is not have time to sit and talk because you're busy being host. You can have a wonderful time sitting there with a bag of chips saying hello to everyone who walks by."

Tailgaters have feelings, too (even when they put kegs on their heads)

'Gaters are a groovy bunch, but it's only polite to know a bit of etiquette so you don't cause unintended offense.

1. **Be respectful.** The other teams, their fans and their stadiums deserve it.
2. **Keep your cool.** If you encounter an ornery fan from the opposing team, laugh off any ribbing that comes your way and talk about the game instead.
3. **Be friendly.** Bring snacks or drinks to share. Say hi to your neighbors and those walking by.
4. **Keep an eye out.** Wait for tailgaters in the midst of playing a game to see you and pause their play before cutting into their space.
5. **Leave your space clean.** Bring industrial-size garbage bags, one for garbage and one for recyclables.
6. **Bring a lot of water.** Remember, you're hanging out on black pavement. It's customary to have extra ice water for people in need.
7. **Designate drivers.** When you start inviting guests and planning tailgate menus, also make plans for your designated drivers. Make sure every car leaving the lot is helmed by a sober driver.

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Keep it fun and easy by putting each round in a cupcake wrapper and dropping them into a muffin tin.

Fired-Up Polenta Shrimp Rounds

TAILGATE TAPAS MENU

Fired-Up Polenta Shrimp Rounds

I like to do more with my grill than just sear steaks and burgers. This is a great way to expand your horizons.

—JENNIFER RODRIGUEZ
WEST JORDAN, UTAH

PREP: 25 MIN. + MARINATING
GRILL: 10 MIN. • **YIELD:** 1 DOZEN

- ¼ cup olive oil
- 3 garlic cloves, minced
- 2 tsp. lime juice
- 1 tsp. chopped seeded jalapeno pepper
- ½ tsp. cayenne pepper
- ¼ tsp. pepper
- 1 lb. uncooked medium shrimp, peeled and deveined

SAUCE:

- ½ cup mayonnaise
- 1 green onion, finely chopped
- 1 tsp. chopped seeded jalapeno pepper
- 1 tsp. hot pepper sauce
- ½ tsp. cayenne pepper

POLENTA:

- 1 tube (1 lb.) polenta, cut into 12 slices
- 2 Tbsp. seafood seasoning

1. In a large resealable plastic bag, combine the first six ingredients. Add shrimp; seal bag and turn to coat. Refrigerate for up to 2 hours. In a small bowl, combine the sauce ingredients; chill until serving.
2. Sprinkle polenta with seafood seasoning. Drain shrimp and discard marinade. Thread the shrimp onto metal or soaked wooden skewers.
3. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill polenta and shrimp, covered, over medium heat for 5-8 minutes or until polenta is lightly browned and shrimp turn pink, turning once.
4. Spoon sauce over polenta; top with shrimp.

Before the party: *Make the marinade, marinade the shrimp, skewer the shrimp, make the sauce.*
Editor's Note: *We recommend wearing disposable gloves when cutting hot peppers. Avoid touching your face.*

Baja Chicken & Slaw Sliders

Baja Chicken & Slaw Sliders

Between the flavorful sauce and colorful, crunchy slaw, these hand-held sandwiches demand attention from partygoers.

—JANET HYNES RACINE, WISCONSIN

PREP: 30 MIN. • **GRILL:** 10 MIN.
YIELD: 8 SERVINGS

- ¼ cup reduced-fat sour cream
- ½ tsp. grated lime peel
- ¼ tsp. lime juice

SLAW:

- 1 cup broccoli coleslaw mix
- 2 Tbsp. finely chopped sweet red pepper
- 2 Tbsp. finely chopped sweet onion
- 2 Tbsp. minced fresh cilantro
- 2 tsp. finely chopped seeded jalapeno pepper
- 2 tsp. lime juice
- 1 tsp. sugar

SLIDERS:

- 4 boneless skinless chicken breast halves (4 oz. each)
- ½ tsp. ground cumin
- ½ tsp. chili powder
- ¼ tsp. salt
- ¼ tsp. coarsely ground pepper
- 8 Hawaiian sweet rolls, split
- 8 small lettuce leaves
- 8 slices tomato

1. In a small bowl, combine the sour cream, lime peel and lime juice. In another small bowl, combine the slaw ingredients. Chill the sauce and slaw until serving.
2. Cut each chicken breast in half widthwise; flatten to ½-in. thickness. Sprinkle with seasonings.
3. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill chicken, covered, over medium heat or broil 4 in. from the heat for 4 to 7 minutes on each side or until no longer pink.
4. Grill rolls, cut sides down, for 30-60 seconds or until toasted. Serve chicken on rolls with lettuce, tomato, sauce and slaw.

Editor's Note: *We recommend wearing disposable gloves when cutting hot peppers. Avoid touching your face.*

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Steak Teriyaki Quesadillas

These gently charred quesadillas embody the definition of cheesy deliciousness. The slight smoky flavor pairs perfectly with sweet pineapple and savory steak.

—**LISA HUFF** WILTON, CONNECTICUT

PREP: 20 MIN. + MARINATING
GRILL: 15 MIN. • **YIELD:** 18 WEDGES

- ⅓ cup reduced-sodium soy sauce
- ⅓ cup reduced-sodium chicken broth
- 1 Tbsp. brown sugar
- 1 tsp. minced fresh gingerroot
- ½ tsp. onion powder
- 1 garlic clove, minced
- 1 beef top sirloin steak (1 in. thick and ¾ lb.)
- ½ cup finely chopped fresh pineapple
- ½ cup finely chopped red onion
- ½ cup finely chopped green pepper
- 2 cups (8 oz.) shredded part-skim mozzarella cheese
- 6 flour tortillas (8 in.)

1. In a small bowl, combine the first six ingredients; set aside 3 Tbsp. for filling. Pour remaining mixture into a large resealable plastic bag. Add the steak; seal bag and turn to coat. Refrigerate for 2 hours.
2. Drain steak and discard marinade. Grill steak, covered, over medium heat or broil 4 in. from the heat for 8-11 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°).
3. Remove steak from the grill and cool slightly; cut into bite-size pieces. In a large bowl, combine the pineapple, red onion, green pepper and beef.
4. Sprinkle half of the cheese over three tortillas. Using a slotted spoon, top with beef mixture. Drizzle with reserved soy mixture. Sprinkle with remaining cheese; top with remaining tortillas.
5. Grill over medium heat for 1-2 minutes on each side or until cheese is melted. Cut each into six wedges; serve immediately.

Before the party: *Make the sauce, marinate the steak, prep the pineapple and veggies.*

Mini Pear Crisps

Pears tend to brown after slicing, and unless you're rooting for the Cleveland Browns, you don't want this. Slow the process by dipping sliced pears into a solution of 1 part water to 1 part lemon juice.

Mini Pear Crisps

I put these on the grill to cook while everyone enjoys the day's more savory foods. They're always a hit because they're comforting and fun to eat.

—**JONI HILTON** ROCKLIN, CALIFORNIA

PREP: 25 MIN. • **GRILL:** 20 MIN.
YIELD: 8 SERVINGS

- 1 cup quick-cooking oats
- 1 cup packed brown sugar
- ⅓ cup all-purpose flour
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- ½ cup cold butter
- ½ cup chopped pecans
- ½ cup raisins
- 8 medium pears, peeled and sliced
- Vanilla ice cream, optional

1. In a large bowl, combine the first five ingredients. Cut in butter until crumbly. Stir in pecans and raisins.
2. Divide the pears among eight greased 4½-in. disposable foil tart pans. Sprinkle with oat mixture.
3. Prepare grill for indirect heat. Grill crisps, covered, over indirect medium heat for 15-20 minutes or until pears are tender. Serve warm with ice cream if desired.

Before the party: *Make the oatmeal mixture, keep chilled; peel and slice the pears.* ■

FIND MORE ONLINE

There's a mind-boggling amount of tailgating info out there, from clubs to gadgets to magazines and more. We've gathered some of our favorites for your viewing pleasure at **tasteofhome.com/tailgating**

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FLAVOR,
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Super Sass They may be smaller in size, but Caryn's sandwiches pack a big punch.

A 'real' awakening

This contest winner proves **taking chances can pay off big**

As parents, there are so many examples we want to set for our children. We pass on adages like, "The world is your oyster." And if you're Caryn Ross of Norman, Oklahoma, you also pass on the saying, "Sitting on your biscuit, never having to risk it."

Today, as a top winner in the Real Women of Philadelphia Casting Competition, Caryn has proven to her kids that getting up and risking your biscuit is totally worth it.

"I'd been making my Sassy Tailgate Sandwiches for many years—for tailgates, my kids' slumber parties and also when we went boating. When I heard about the competition, I had to enter them. Being named a winner was one of the best surprises I've ever gotten," says Caryn.

"I've loved every minute of being part of the Real Women of Philadelphia. It's so incredible to be able to demonstrate to my kids, Jackson and Caytie, that if you go out to show the world your gifts, amazing things can happen! They watched it happen to me."

And while she may be a winning cook now, Caryn, who started cooking as a small girl, hasn't always had success in the kitchen. "In college, my sorority sister and I decided to make our Navy ROTC friends a lasagna dinner. We chose to cook it in our friend's kitchen, since he had an old house on campus. Being the only cook, I told everyone else to kick back and I would 'take care of it.' So I put the noodles on to boil, started the sauce and turned on the oven, then stepped out to the patio to enjoy the beautiful spring evening. As I walked back into the kitchen, I heard a kaboom and saw the oven door fly off the hinges and hit the wall. I ran out screaming for someone to call the fire department! Once the firemen arrived and surveyed the scene, they said, 'Next time, you light the pilot light before turning on the oven.' Needless to say, we ended up going out to dinner that night."

What came as a surprise to Caryn was that entering the Real Women of Philadelphia contest brought her back to her college days. (No, she didn't blow another oven to bits.) "Doing this was like a test for myself, to see if I still had that go-get-'em spirit I had before I had kids," she explains. "After this amazing year, I believe I can do anything I put my mind to, and I'm now investing in me."

Sassy Tailgate Sandwiches

These are an absolute must for your next tailgate or party. I've been making pan after pan of them to take to every tailgate I attend. Better make a bunch, because they fly off the plate!

—CARYN ROSS NORMAN, OKLAHOMA

PREP: 10 MIN. + STANDING • **BAKE:** 20 MIN.
YIELD: 1 DOZEN

- **12 Hawaiian sweet rolls, split**
- **1 lb. shaved Black Forest ham**
- **12 oz. Gruyere cheese, sliced**
- **1 tub (8 oz.) Philadelphia Chive and Onion Cream Cheese**
- **½ cup butter, melted**
- **¼ cup grated Parmesan cheese**
- **1 Tbsp. Worcestershire sauce**
- **1½ tsp. dried minced onion**

1. Arrange bottoms of rolls in a greased 13-in. x 9-in. baking dish. Layer with ham and Gruyere cheese. Spread each roll top with cream cheese; place over Gruyere.
2. In a small bowl, combine the butter, Parmesan cheese, Worcestershire sauce and onion. Pour over sandwiches. Let stand for at least 20 minutes.
3. Cover and bake at 350° for 20 minutes or until heated through.

Learn from a pro

Caryn has been cooking for most of her life. Here are her best tips for turning yourself into a seasoned home chef.

1. **Read cookbooks and try new things.** My mom encouraged me to do this and also taught me menu planning. She let me grocery shop and cook what I wanted. Nothing was off limits, and my creativity was the catalyst for my cooking. I have been cooking and playing ever since!
2. **Learn from anyone you can.** When I was 13, I cooked my first Thanksgiving meal with help from my grandma, Willie Walker. She stood next to me the whole time, encouraging and instructing me. She explained the "whys" of cooking. By learning the basics, I was able to go on and create recipes of my own for my family.
3. **Believe in your food.** Ultimately, cooking is about more than just the ingredients: It's a testament to your confidence. A cook must be confident in her ingredients, preparation and presentation. ■

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sip, splash, nosh

Dive into a perfect pool party with a joyful attitude and these easy ideas. **Just add water!**

The sun hasn't set on summer yet. There's still plenty of time for planning a fun-in-the-sun pool party. It doesn't have to take a lot of time or effort, especially with these icy refreshers and irresistible munchies. Crank things up a notch with a few conversation pieces, such as the playful products listed below. Then kick off your flip-flops, park yourself in a lounge chair and sip fruity drinks while relaxing in the company of good friends. There's no better way to wind down the summer, short of moving closer to the equator!

Make it COOL in the pool

Fun ideas for the next splashfest.

- Bring the party into the water with **floating bars** and **snack trays**. (***toysplash.com***)
- Wrangle up some **poolside umbrellas** to cast some shade in any spot. (***intheswim.com***)
- If the good times go till dusk or beyond, load your pool with **buoyant battery-powered or LED lights**. (***swimways.com***)
- **Ping-pong in the water?** You bet! From the table to the paddles, every item floats. (***target.com***) ***Tip:*** Make the table play double duty later as a beverage and snack holder.

MUST TRY!

Summertime Tea

You can't have a summer gathering around here without this sweet tea to cool you down. It's wonderful for sipping while basking by the pool.
—ANGELA LIVELY BAXTER, TENNESSEE FE

PREP: 15 MIN. + CHILLING
YIELD: 18 SERVINGS (¾ CUP EACH)

- **14 cups water, divided**
- **6 individual black tea bags**
- **1½ cups sugar**
- **¾ cup thawed frozen orange juice concentrate**
- **¾ cup thawed frozen lemonade concentrate**
- **1 cup tequila, optional**
- **Fresh mint leaves and lemon or lime slices, optional**

1. In a large saucepan, bring 4 cups water to a boil. Remove from heat; add tea bags. Cover and steep for 3-5 minutes. Discard tea bags.
2. Stir in the sugar, concentrates and remaining water. Add tequila if desired. Refrigerate until chilled. Garnish with mint and lemon.

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Blueberry Thirst Quencher

I first enjoyed this cocktail at a Derby party and fell in love with it. With its beautiful color and zesty flavor, it's very festive for a summer picnic or party, and everyone likes it.

—PEGGY FOSTER FLORENCE, KENTUCKY

PREP/TOTAL TIME: 5 MIN.
YIELD: 9 SERVINGS

- **6 cups blueberry juice cocktail, chilled**
- **3 cups lemon-lime soda, chilled**
- **9 oz. blueberry-flavored vodka, chilled**
- **Crushed ice**
- **1 cup fresh blueberries**
- **Sliced peeled mango, optional**

1. In a large pitcher, combine the juice, soda and vodka. Serve over ice; garnish with blueberries and mango.

Pretty Potables
No-fuss garnishes, such as citrus slices, fruit skewers, and colorful straws and stirrers, add a touch of whimsy to your poolside festivities.

Yes, we have no cabanas...

Need a place for guests to change? Simply equip a bathroom, or maybe a half-bath off the kitchen, with a floor mat for wet feet and suits, sunblock, soothing aloe gel for burns, a hair dryer, and extra towels and shades.

Peachy Keen Daiquiris

You won't mind breaking out the blender for these frosty fruit drinks—they're a breeze to whip up with frozen peaches. A dash of grenadine gives the tangy golden concoction a splash of color.

—JOAN ANTONEN ARLINGTON, SOUTH DAKOTA FE

PREP/TOTAL TIME: 10 MIN.
YIELD: 3 SERVINGS

- **2½ cups ice cubes**
- **3 medium peaches, peeled and sliced**
- **¾ cup thawed frozen limeade concentrate**
- **¼ cup orange juice**
- **2 Tbsp. confectioners' sugar**
- **½ cup rum, optional**
- **Grenadine syrup, optional**

1. In a blender, combine the ice, peaches, limeade concentrate, orange juice, confectioners' sugar and rum if desired; cover and process for 30 seconds or until smooth. Pour into chilled glasses; add grenadine, if desired. Serve immediately. ■

MUNCHABLES

Bananas Foster Crunch Mix

In a microwave-safe bowl, cook ⅓ cup each **butter** and **brown sugar** on high for 2 minutes, stirring once. Stir in ½ tsp. each **ground cinnamon**, **banana extract** and **rum extract**. Pour mixture over 3 cups each **Honey Nut Chex** and **Cinnamon Chex**, 2 cups **pecan halves** and 1½ cups **dried banana chips**; toss. Microwave, uncovered, on high for 3 minutes, stirring after each minute. Cool on waxed paper. *Makes 10 cups.* **—DAVID DAHLMAN** CHATSWORTH, CALIFORNIA

Sweet Chipotle Pretzels

Whisk 1 **egg white** with 1 Tbsp. **water**; add ½ cup packed **brown sugar**, 1½ tsp. **ground cinnamon**, ¼ tsp. **ground allspice** and ⅛ tsp. **ground chipotle pepper**. Pour over 4 cups **miniature pretzels**; stir until coated. Place pretzels onto parchment paper-lined baking sheets. Bake at 350° for 10-12 minutes or until crisp. *Makes 4 cups.* **—GERALDINE SAUCIER** ALBUQUERQUE, NEW MEXICO

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Italian for a Day

For a Sunday dinner filled with laughter, happy bellies and renewed family bonds, gather everyone together for this **over-the-top *pasto Italiano***

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Growing up in an Italian family, Christina Calvino learned how to make fresh pasta and marinara sauce the real way; by watching her mom, dad and grandmas. She also learned that Sundays were as much about family as meals.

"We had an open-door policy on Sundays. Aunts and uncles from both sides of the family would stop by and bring all my cousins," says Christina, who lives in Kitty Hawk, North Carolina.

Not surprisingly, the meal always included pasta. "Sometimes it was spaghetti or lasagna; often it was seafood linguine because we lived on the coast. If marinara sauce was involved, the week's leftovers were thrown in. It was always a nice surprise when you scooped up bits of pork chop, roast, steak or meatballs from a weeknight meal."

Holidays called for leg of lamb or spiral ham—with fresh pasta on the side, of course. The adults ate on the good china in the dining room, while the kids gathered at their own table in the sunroom or kitchen.

After Christina gets married in December, she and her husband-to-be, who is of Polish descent, plan to make Sunday dinner a priority in their own family. So expect to see menus that include mostaccioli and pierogies, tiramisu and kolaches.

It's yet more proof that a Sunday tradition can be modified to suit. Why not start yours with this scrumptious meal? Simply add Italian wine (try a bottle of Nero d'Avola, a red varietal wine from Sicily) and some Dean Martin tunes.

Family-Favorite Pasta Sauce

This hearty Italian-style meat sauce has a sweetness that I really love. It's the recipe I use for spaghetti, lasagna and gnocchi, which I bake with mozzarella and Parmesan on top.

—JODY BOBER ST. CLAIRSVILLE, OHIO

PREP: 30 MIN. • **COOK:** 1¾ HOURS
YIELD: 8 SERVINGS

- **1 lb. bulk Italian sausage**
- **1 large sweet onion, chopped**
- **3 garlic cloves, minced**
- **1 Tbsp. olive oil**
- **1 can (28 oz.) diced tomatoes, undrained**
- **1 can (6 oz.) Italian tomato paste**
- **½ cup water**
- **2 Tbsp. minced fresh parsley**
- **1 Tbsp. brown sugar**
- **1 Tbsp. balsamic vinegar**
- **2 tsp. dried basil**
- **1 tsp. salt**
- **½ tsp. Italian seasoning**
- **¼ tsp. coarsely ground pepper**
- **Hot cooked pasta of your choice**

1. In a large saucepan, cook the sausage, onion and garlic in oil over medium heat until meat is no longer pink; drain.

2. Stir in the tomatoes, tomato paste, water, parsley, brown sugar, vinegar and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 1½ hours or until flavors are blended. Serve with your pasta of choice.

Roasted Pepper Salad with Balsamic Vinaigrette

I created this colorful salad for a 4-H project and took it all the way to the state competition, where I won first place! I'd love to have my own Italian restaurant someday.

—SETH MURDOCH RED ROCK, TEXAS

PREP: 20 MIN. + MARINATING • **BROIL:** 20 MIN. + STANDING • **YIELD:** 5 SERVINGS

- **2 each large sweet yellow, red and green peppers**
- **1 small red onion, thinly sliced**
- **6 Tbsp. olive oil**
- **3 Tbsp. balsamic vinegar**
- **1 Tbsp. each minced fresh oregano, rosemary, basil and parsley**
- **1 garlic clove, minced**
- **½ tsp. garlic powder**
- **½ tsp. cayenne pepper**
- **½ tsp. pepper**
- **¼ tsp. salt**
- **1 cup cherry tomatoes, halved**
- **1 carton (8 oz.) fresh mozzarella cheese pearls**
- **5 fresh basil leaves**

1. Broil peppers 4 in. from the heat until skins blister, about 5 minutes. With tongs, rotate peppers a quarter turn. Broil and rotate until all sides are blistered and blackened. Immediately place peppers in a large bowl; cover and let stand for 20 minutes.

2. Peel off and discard charred skin. Remove stems and seeds. Cut the peppers into thin strips; place in a large bowl. Add onion.

Roasted Pepper Salad with Balsamic Vinaigrette

3. In a small bowl, whisk the oil, vinegar, herbs, garlic, garlic powder, cayenne, pepper and salt; pour over pepper mixture and toss to coat. Cover and refrigerate for up to 4 hours.

4. Before serving, allow peppers to come to room temperature. Place on a serving plate; top with tomatoes, cheese and basil leaves.

SHORTCUT

To make a quick and easy version of this recipe, buy a jar of roasted red peppers and a bottle of balsamic vinaigrette.

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Marvelous Cannoli Cake

Three-Cheese Garlic Bread

Topped with tomatoes, olives and artichoke hearts, these sumptuous slices can kick off dinner as an appetizer or accompany your favorite pasta dish. Just add a nice bottle of Chianti.

—**SARAH SPARKS** ELGIN, ILLINOIS

PREP: 20 MIN. • **BAKE:** 15 MIN.
YIELD: 16 APPETIZER SERVINGS

- **1 loaf (1 lb.) unsliced French bread**
- **¼ cup butter, melted**
- **3 garlic cloves, minced**
- **⅓ cup prepared pesto**
- **¾ cup spaghetti sauce**
- **1 cup (4 oz.) shredded part-skim mozzarella cheese**
- **⅓ cup water-packed artichoke hearts, rinsed, drained and chopped**
- **½ cup chopped ripe olives**
- **¼ cup oil-packed sun-dried tomatoes, finely chopped**
- **4 medium tomatoes, sliced**
- **½ cup crumbled feta cheese**
- **¼ cup grated Parmesan cheese**

1. Cut bread in half lengthwise and then in half widthwise. Combine butter and garlic; brush over cut sides of bread. Place on two ungreased baking sheets.
2. Spread with pesto and spaghetti sauce; sprinkle with mozzarella. Top with the remaining ingredients.
3. Bake at 400° for 14-16 minutes or until golden brown. Cut into slices.

SHORTCUT

Use some of the Family-Favorite Pasta Sauce or your usual store-bought brand for the spaghetti sauce called for in the recipe above.

Marvelous Cannoli Cake

A luscious, chocolate-studded cannoli filling separates the tender vanilla layers of this rich cake, which starts with a package mix. It's best when served well chilled.

—**ANTOINETTE OWENS** RIDGEFIELD, CONNECTICUT

PREP: 30 MIN. + CHILLING • **BAKE:** 25 MIN. + COOLING • **YIELD:** 12 SERVINGS

- **1 pkg. (18¼ oz.) French vanilla cake mix**

FILLING:

- **1 carton (16 oz.) ricotta cheese**
- **½ cup confectioners' sugar**
- **2 tsp. ground cinnamon**
- **1 tsp. almond extract**
- **1 tsp. rum extract**
- **1 tsp. vanilla extract**
- **2 oz. semisweet chocolate, finely chopped**

FROSTING:

- **2 cartons (8 oz. each) Mascarpone cheese**
- **¾ cup confectioners' sugar**
- **¼ cup whole milk**
- **2 tsp. almond extract**
- **1 tsp. vanilla extract**
- **1 cup sliced almonds**
- **2 Tbsp. miniature semisweet chocolate chips**

1. Prepare and bake cake mix according to package directions, using two greased and floured 9-in. round baking pans. Cool for 10 minutes before removing from pans to wire racks to cool completely.
2. In a large bowl, combine the ricotta cheese, confectioners' sugar, cinnamon and extracts; stir in chocolate. In another bowl, beat the Mascarpone cheese, confectioners' sugar, milk and extracts until smooth; cover and refrigerate filling and frosting until frosting reaches spreading consistency.
3. Place one cake layer on a serving plate; spread with 1 cup filling. Top with second cake layer. Spread remaining filling over top of cake to within 1 in. of edges. Frost sides and top edge of cake with 2 cups frosting.
4. Press almonds into sides of cake; pipe remaining frosting around edges. Sprinkle chocolate chips over top. Refrigerate until serving. ■

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It's called *Taste of Home's Slice of California*, a 5-day "food-inspired" journey with a *Taste of Home* staff member that explores the succulent, local flavors of the northern Santa Clara Valley and the gorgeous Monterey coast.

Taste Farm-Fresh Flavors

Your farm-to-table adventure will begin with a visit to Judy and Louie Bonino's vegetable farm and market, a great place to sample some of the world's best produce. Only locally grown fruit and vegetables are sold here, including plums, peaches, strawberries, sweet corn, tomatoes and nine varieties of peppers.

Meet Celebrity Chefs

You'll also enjoy private cooking demonstrations and delicious meals featuring authentic *Taste of Home* recipes prepared by regional celebrity chefs Sam Bozzo, Gene Sakahara and Dorothy McNett. On the menu: Garlic Festival Shrimp Scampi and several *Taste of Home* favorites.

When you arrive at Mari and Jim Rossi's 100-acre B&R apricot farm, you'll see firsthand how world-renowned Blenheim Apricots are harvested and dried. Go ahead, enjoy sampling the Apricot Cinnamon Spread, Chocolate Covered Apricots and Apricot Chili Preserves.

From apricots to artichokes, your tantalizing trip continues to the "Artichoke Center of the World" where you'll find Ocean Mist Farms, the country's largest artichoke growers.

Meet Vince and Cynthia Gizdich as you stroll through their fourth-generation apple orchards and berry patches. Be sure to taste their renowned Ollalieberry pie.

See California's Coastline

California's breathtaking scenery awaits you along the Monterey Peninsula's 17-Mile Drive where the twists and turns offer magnificent ocean views.

Local food writer and TV personality Dorothy McNett will prepare several hors d'oeuvres from *Taste of Home* for you to enjoy at Stone Creek Kitchen, one of the area's finest home kitchen outfitters.

At Cannary Row, you can stroll along the coastal Recreation Trail or browse the quaint, oceanfront shops.

In the town of Gilroy, you'll visit Garlic World, a unique combination of fruit stand, gourmet food store and gift shop where you can tempt your taste buds with garlic-flavored olives, bread dips—even garlic jelly!

What better way to wind down your palate-pleasing journey than at one of California's premier wineries. At Fortino Winery, fifth-generation winemaster Gino Fortino will be our host as we sip some varieties and listen to how his family carries on the tradition of winemaking in the Italian style.

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Home Run Leaders

These hearty casseroles provide **winning hits** for **adult-league activities**

The winding down of summer has a particularly nice benefit to it—the return of adult-league activities. Whether you're a bowler, a softballer, a basketballer or anything else, all these leagues have one wonderful tradition in common—win or lose, there's always a blow-out potluck at the end of the season. You won't have any problem getting into the team spirit of the event when you have a surefire casserole recipe in hand. These three meal-in-one dishes are a cinch to assemble, bake and transport. And their fantabulous flavor combinations will score big with your teammates and make you a shoo-in for MVP (Most Valuable Potlucker).

Bacon-Swiss Penne

I was fortunate to inherit my grandmother's recipe book, which includes the recipe for this rich and cheesy casserole. I've been eating it for years and still can't get enough.
—JOSEPH SORTOR TAMPA, FLORIDA

PREP: 35 MIN. • **BAKE:** 30 MIN.
YIELD: 10 SERVINGS

- **12 oz. uncooked penne pasta**
- **13 bacon strips**
- **1½ lbs. boneless skinless chicken breasts, cut into 1-in. cubes**
- **3 Tbsp. butter**
- **6 green onions, chopped**
- **3 Tbsp. all-purpose flour**
- **4 cups 2% milk**
- **3 cups (12 oz.) shredded cheddar cheese**
- **1½ cups shredded Swiss cheese**
- **1½ cups frozen peas, thawed**
- **¾ tsp. pepper**
- **½ tsp. dried thyme**

TOPPING:

- **¾ cup dry bread crumbs**
- **2 Tbsp. butter, melted**

1. Cook penne according to the package directions.
2. Meanwhile, in a large skillet, cook bacon in batches over medium heat until crisp. Remove to paper towels; drain, reserving 4 tsp. drippings. Crumble bacon and set aside.
3. Saute chicken in butter and drippings until no longer pink. Add onions; cook 1 minute longer. Stir in flour until blended; gradually add milk. Bring to a boil; cook and stir 2 minutes or until thickened. Stir in cheeses, peas, pepper, thyme and bacon.
4. Drain penne; add to chicken mixture and toss to coat. Transfer to a greased 13-in. x 9-in. baking dish. In a small bowl, combine bread crumbs and butter; sprinkle over top. Bake, uncovered, at 350° for 30-35 minutes or until golden brown.

Burrito Lasagna

A friend showed me how to make stacked enchiladas years ago. I took it even further to create this filling casserole. I serve it with Mexican corn or chips and dip. I love the rave reviews I get every time I make it.
—DEANA BRIGGS MAUD, TEXAS

PREP: 35 MIN. • **BAKE:** 30 MIN. + STANDING
YIELD: 12 SERVINGS

- **2 lbs. ground beef**
- **2 cans (10 oz. each) enchilada sauce**
- **1 envelope taco seasoning**
- **1 Tbsp. ground cumin**
- **1 pkg. (8.8 oz.) ready-to-serve Spanish rice**
- **12 flour tortillas (8 in.), warmed**
- **1 can (15 oz.) refried beans**
- **4 cups (16 oz.) shredded Mexican cheese blend**
- **Optional toppings: salsa, sliced avocado, shredded lettuce, taco sauce and/or sour cream**

1. In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in enchilada sauce, taco seasoning and cumin; heat through.
2. Heat rice according to package directions. Spread each tortilla with about 2 tablespoonfuls beans. Spread 1 cup meat mixture into a greased 13-in. x 9-in. baking dish. Layer with 4 tortillas and a third of the rice, a third of the remaining meat mixture and a third of the cheese. Repeat layers. Top with the remaining tortillas, rice and meat mixture (dish will be full).
3. Cover and bake at 350° for 20 minutes. Sprinkle with remaining cheese. Uncover; bake 10-15 minutes longer or until cheese is melted. Let stand for 10 minutes before serving. Serve with toppings of your choice.

Pepperoni Pizza Casserole

Loaded with popular pizza flavors, this noodle bake will be a winner with all ages. You can use ground beef instead of turkey. I like to serve it with garlic bread and salad.
—DEBBIE STALEY MT. VERNON, ILLINOIS

PREP: 25 MIN. • **BAKE:** 30 MIN.
YIELD: 2 CASSEROLES (6 SERVINGS EACH)

- **1 pkg. (16 oz.) egg noodles**
- **2 lbs. ground turkey**
- **⅓ cup chopped onion**
- **1 jar (26 oz.) meatless spaghetti sauce**
- **1 can (10 oz.) diced tomatoes and green chilies**
- **1 can (8 oz.) mushroom stems and pieces, drained**
- **2 cups (8 oz.) shredded part-skim mozzarella cheese**
- **2 cups (8 oz.) shredded cheddar cheese**
- **1 cup (4 oz.) shredded Parmesan cheese**
- **3 oz. sliced turkey pepperoni**

1. In a Dutch oven, cook noodles according to package directions; drain.
2. Meanwhile, in a large skillet, cook ground turkey and chopped onion over medium heat until meat is no longer pink; drain. Stir in the spaghetti sauce and tomatoes. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Stir in noodles.
3. Transfer to two greased 13-in. x 9-in. baking dishes. Sprinkle each with mushrooms, cheeses and pepperoni.
4. Bake, uncovered, at 350° for 30-35 minutes or until heated through and cheeses have melted. Let stand for 5 minutes before serving. ■

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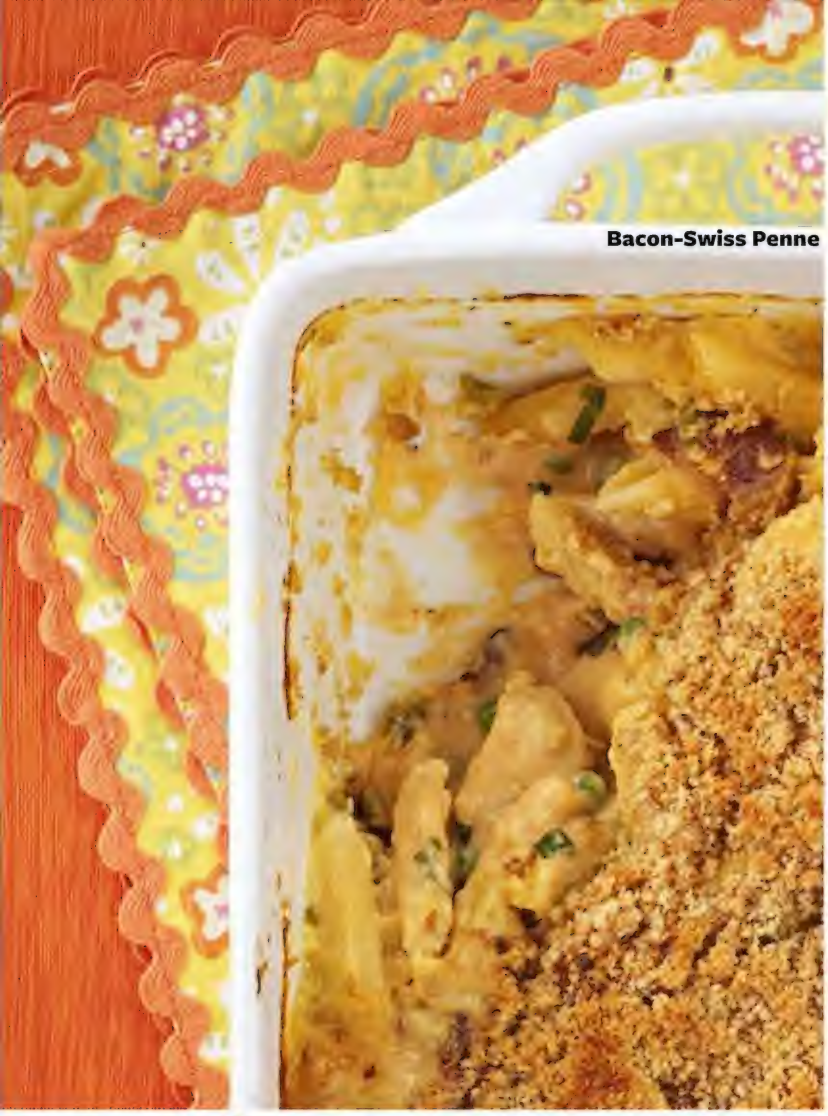

Bacon-Swiss Penne

Burrito Lasagna

Pepperoni Pizza Casserole

Carryalls

Get your dish from kitchen to potluck safely with these clever carriers.

Buy One The Entertainer from Picnic Plus keeps hot foods warm and cold foods cool. The fully thermal-foil-insulated lower section holds up to a 5-qt. casserole dish (not included), and the expandable top section has an insulated leak-proof liner for containers, beverages, and condiments. **cooking.com**, *$36*

Make One Got a big basket at home? Then you've got a DIY food carrier. Start with a small tablecloth and lay it over the open basket. Push it down so it lines the bottom and walls of the basket. Then cover the bottom with a thick folded dish towel (for cushioning and insulation). Place your covered casserole dish on it and pack the space between the dish and basket walls with more rolled towels. Lastly, fold the ends of the tablecloth over everything to make a nice bundle. Now you and your food are ready to travel in style.

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Cymbalta can help.

Cymbalta is a once-daily, non-narcotic pain reliever. And it's not addictive.

When taken once a day, every day, Cymbalta is proven to significantly reduce chronic osteoarthritis pain.

You may have to rethink the way you treat your pain. You might be used to taking pain medications only after you feel your chronic osteoarthritis pain getting worse. Managing this pain with Cymbalta is a little different. It's important to take Cymbalta every day, as prescribed by your doctor, to manage your pain over time.

Visit cymbalta.com or call 1-877-CYMBALTA (1-877-296-2258) to learn more. Ask your doctor about Cymbalta.

Cymbalta is a prescription medication approved for the management of chronic musculoskeletal pain in people with chronic osteoarthritis pain.

Partnership for Prescription Assistance

If you need assistance with prescription costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

Important Safety Information About Cymbalta

The most important information you should know about Cymbalta:

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

Cymbalta® (duloxetine HCl) is not for everyone. Do not take Cymbalta if you:

- have recently taken a type of antidepressant called a monoamine oxidase inhibitor (MAOI) or Mellaril® (thioridazine)
- have uncontrolled narrow-angle glaucoma (increased eye pressure)

Talk with your healthcare provider:

- about all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- if you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported

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Important Safety Information (continued)

- about your alcohol use
- about all your medicines, including those for migraine, to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- if you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- before stopping Cymbalta or changing your dose
- if you experience dizziness or fainting upon standing while taking Cymbalta. This tends to occur in the first week or when increasing the dose, but may occur at any time during treatment
- about your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- if you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- if you develop problems with urine flow while taking Cymbalta
- if you are pregnant or plan to become pregnant during therapy, or are breast-feeding

Most common side effects of Cymbalta (this is not a complete list):

- nausea, dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating

You are encouraged to report negative side effects of Prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Other safety information about Cymbalta:

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.
- People age 65 and older who took Cymbalta reported more falls, some resulting in serious injuries.

How to take Cymbalta:

Take Cymbalta exactly as directed by your healthcare provider. Cymbalta should be taken by mouth. Do not open, break or chew capsule; it must be swallowed whole. Cymbalta can be taken with or without food.

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See back page for additional information about Cymbalta, including Boxed Warning about antidepressants and risk of suicide.

Cymbalta® duloxetine HCl 20 mg, 30 mg, 60 mg DELAYED RELEASE CAPSULES

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Information For Patients About Cymbalta

Please read this information carefully before you, or your family member start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

What is the most important information I should know about Cymbalta?

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms is severe or occurs suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); the management of fibromyalgia (FM); the management of diabetic peripheral neuropathic pain, also called diabetic nerve pain (DNP); and the management of chronic musculoskeletal pain due to chronic osteoarthritis pain and chronic low back pain.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a monoamine oxidase inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI
- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

What should I talk to my healthcare provider about?

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- About your alcohol use
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly
- If you are pregnant, plan to become pregnant, or are breastfeeding
- If you experience dizziness or fainting upon standing while taking Cymbalta. This tends to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta

What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery

What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, fibromyalgia, and chronic musculoskeletal pain including chronic pain due to osteoarthritis and chronic low back pain), the most common side effect was nausea
- Other common side effects included dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating

This is not a complete list of side effects. See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects. **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

What else should I know if I'm 65 or older?

- People age 65 and older who took Cymbalta reported more falls, some resulting in serious injuries

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole
- Cymbalta can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you
- Remember to refill your prescription before you run out of Cymbalta
- Talk with your healthcare provider before stopping Cymbalta or changing your dose

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist

Additional information can be found at www.cymbalta.com.

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EASY SOLUTIONS from readers & our test kitchen

whiz kid

A little machine can be a big help in the kitchen. Here are our test kitchen's **top 4 food processor picks**

1 Hamilton Beach ChefPrep
hamiltonbeach.com, *$60*
This one is easy on the wallet. It has a 10-cup capacity, large feed chute, 525-watt motor and two speeds plus pulse control. Accessories: two reversible discs that slice, shred and crinkle-cut, and a chopping blade.

2 Cuisinart Elite Collection 12-Cup
cuisinart.com, *$249*
Designed for convenience, this model includes a 12- and 4-cup bowl with pour spouts and measurement markings, and a 1,000-watt motor. Accessories: six-position slicing disc, shredding disc, large and small chopping-mixing disc and dough blade.

3 Cuisinart Pro Custom 11
cuisinart.com, *$169*
This midprice option features an 11-cup work bowl, extra-large feed tube and 625-watt motor. Accessories: stainless steel medium and thin slicing discs, shredding disc, chopping-mixing blade and dough blade.

4 KitchenAid 12-Cup with Ultra Wide Mouth
sears.com, *$200*
Get loads of versatility with a 700-watt motor and three-bowl set: 4-cup mini bowl (with mini-blade), 10-cup chef's bowl and 12-cup work bowl. Accessories: one multipurpose stainless steel blade that chops, minces, blends, mixes and emulsifies; slicing and shredding discs; dough blade; egg whip and citrus press.

Items our test kitchen cooks and food stylists have gleefully pulverized in food processors:

- **Nuts** (for nut butters)
- **Fresh herbs** (for pesto, sauces and salad dressings)
- **Cookies, crackers, rolls** and **breads** (for crusts and crumbs)
- **Granulated sugar** (for superfine sugar, also called castor sugar)
- **Cooked chicken** and **ham** (for deli sandwich spreads and dips)
- **Chocolate chunks** (processed, then warm cream added for a quick ganache)
- **Hard candies** (as a courtesy, we warn our colleagues before starting the processor—even one hard peppermint candy hitting the metal blade is ear-splitting)

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Chop, Chop

Hurry! You'll want to read this right away to learn how food processors and their **batches of blades** have more time-saving uses than you ever thought possible. So get ready to **give yours a whirling workout**

Maybe, except for one favorite, you've imprisoned your food processor blades in a distant cabinet somewhere next to an old flour sifter and a pineapple-shaped cutting board. But that's a terrible thing to do, no matter which way you slice it, because they're much more versatile than most cooks realize. That's why our test kitchen specialists and food stylists (who use the devices daily) joined up with some of our most resourceful readers to bring you fail-safe tips and great recipes that will have you digging out your processor and its blades and giving them all a permanent and honored place on the counter.

Slammin' Jam The chopping blade used in this recipe gives it just the right chunky texture.

Over-the-Top Cherry Jam

We live in Door Country, an area known for its wonderful tart cherries. This beautiful sweet jam makes lovely gifts and is so simple to make.
—KAREN HAEN STURGEON BAY, WISCONSIN

PREP: 35 MIN. • **PROCESS:** 5 MIN.

- **2½ pounds fresh tart cherries, pitted**
- **1 package (1¾ ounces) powdered fruit pectin**
- **½ teaspoon butter**
- **4¾ cups sugar**

1. In a food processor equipped with the chopping blade, cover and process cherries in batches until finely chopped. Transfer to a Dutch oven; stir in pectin and butter. Bring to a full rolling boil over high heat, stirring constantly. Stir in sugar; return to a full rolling boil. Boil for 1 minute, stirring constantly.
2. Remove from the heat; skim off foam. Ladle hot mixture into hot sterilized half-pint jars, leaving ¼-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 5 minutes in a boiling-water canner.

Continued on page 44 ►

the chopping blade

Keep this one handy; it tends to be the most-used blade of them all.

Insider Tips

- To get the most uniform pieces of food, cut food into 1-in. pieces, fill the bowl to half its capacity, use quick on-off pulses and scrape down the sides after every few pulses. The pulse option is also great for chopping nuts.
- Don't use this blade for mashing potatoes (they get gummy), whipping cream (it gets too stiff) or combining ground meat with fillers for meat loaf or burgers (it gets too dense).
- One of our favorite uses for this blade is to create crushed ice for frozen drinks. It works much faster than blenders. Try it on our Blue Lagoon Margaritas at **tasteofhome.com**.

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the slicing blade

Insider Tip

- Forget standing over a chopping block: Eggplant, tomatoes, cucumbers, avocados and strawberries get sliced in seconds with this blade. So do pickles, beets and onions for canning.

Some slicing blades come with reversible discs; flip it one way for thin slices, flip it the other way for thick.

the grating blade

Insider Tips

- After you've used this to shred carrots or potatoes, you'll never go back to a box grater.
- Friction will melt chocolate while grating. Freeze it first. Also, give cheese 20 minutes in the freezer before grating.

Dough blades work so well for bread because they develop the gluten quickly.

the dough blade

Insider Tips

- This blade is designed only for kneading yeasted dough, not pastry.
- Dough blades also work wonderfully for shredding pork for carnitas, mixing cake mixes and making homemade pasta dough.

Process these tips:

Safety & Storage

- Keep all attachments organized in plastic containers and resealable plastic bags.
- Don't put any blades or other parts in the dishwasher (regardless of what the manual says), as they can warp from the high water temps and the drying cycle.
- Don't leave a blade submerged in dishwater; reaching into the water later can result in a bad cut!
- Never use a wooden spoon to push cheese through the feeding tube; you'll end up with wood shavings in your Parmesan.

Other Uses for Your Food Processor

- Make any nut butter or herbed butter you like.
- Shave 10 minutes off your from-scratch pie dough (use the metal chopping blade).
- Puree up leftover veggies, spices and broth for a super-quick soup.
- It's the perfect tool for making homemade baby food.
- Chill leftover steak in the freezer until firm but not frozen. Slice it in your processor, then add to a pan of sauteing peppers and onions for a great steak sandwich.

—Compiled by the *Taste of Home* Test Kitchen and food stylists

Dough Boy Use a dough blade to make this recipe, and you'll discover the secret of great pizzerias.

Thin Crust Pizza Dough

My family loves thin pizza crust, and this is our go-to recipe. It's healthier and less expensive than delivery and tastes so much better.

—THERESA ROHDE SCOTTVILLE, MICHIGAN

PREP: 10 MIN.+ STANDING
YIELD: 2 LBS. (ENOUGH FOR 4 PIZZAS)

3½ cups bread flour
1 cup whole wheat flour
5 tsp. quick-rise yeast
1½ tsp. kosher salt
1 tsp. honey
1½ to 1⅔ cups warm water (120° to 130°)

1. Place the flours, yeast and salt in a food processor equipped with a dough blade; pulse until blended. Add honey. Process more, gradually adding water until a ball forms. Once ball has formed, process 60 seconds more to knead dough.
2. Turn dough onto floured surface; shape into a ball. Cover and let rest 10 minutes. Divide dough into quarters. Use immediately or freeze for later use.
3. To make pizza: Grease a 12-in. pizza pan; sprinkle with cornmeal. On a lightly floured surface, stretch and shape one portion of dough to form a 12-in. crust; transfer to prepared pan. Top as desired. Bake at 450° for 15-20 minutes or until crust is lightly browned. If using frozen dough, thaw in the refrigerator overnight. Proceed as directed. ■

MORE ONLINE:
Having trouble flattening pizza dough? Try our tried-and-true technique at **tasteofhome.com/shapingpizza**

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Thai for Two

Hang a paper lantern, soften the lights and cozy up to this **Asian-inspired date-night dinner**

Let's Get Together Thai Shrimp

My husband and I make a point to have at least one "date night" every week. When we eat in, this is our favorite dish. It's quick, easy and super satisfying.
—**MARIE SABA** SAN ANTONIO, TEXAS

PREP: 20 MIN. • **COOK:** 15 MIN.
YIELD: 2 SERVINGS

- **¾ lb. uncooked medium shrimp, peeled and deveined**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **2 Tbsp. lime juice, divided**
- **1 shallot, chopped**
- **1 tsp. minced fresh gingerroot**
- **1 garlic clove, minced**
- **1 Tbsp. olive oil**
- **10 cherry tomatoes, halved**
- **½ cup sliced fresh mushrooms**
- **½ cup reduced-sodium chicken broth**
- **½ cup light coconut milk**
- **1 tsp. curry powder**
- **½ tsp. crushed red pepper flakes**
- **2 Tbsp. chopped salted cashews**
- **2 Tbsp. minced fresh cilantro**

1. Sprinkle shrimp with salt, pepper and 1 Tbsp. lime juice.
2. In a large skillet, saute the shallot, ginger and garlic in oil for 1 minute. Add shrimp; cook and stir for 2-3 minutes or until shrimp turn pink. Remove with a slotted spoon and set aside.
3. Add tomatoes, mushrooms, broth, coconut milk, curry powder, pepper flakes and remaining lime juice to the skillet. Bring to a boil. Reduce heat; simmer, uncovered, for 8-10 minutes or until mushrooms are tender and sauce is slightly reduced, stirring occasionally. Add shrimp; heat through. Garnish with cashews and cilantro. ■

Wine Pairing

"You need a wine with depth and big flavor to stand up to the bold flavors of this Asian meal," says Tom DeZell, a wine specialist in Oconomowoc, Wisconsin. He suggests Kendall-Jackson Vintner's Reserve Chardonnay 2009 ($11.99) or Russian River Valley Chardonnay Rued 2009 ($19.99).

MORE ONLINE:
For more recipes just for two, visit **tasteofhome.com/cookingfor2**

Crunchy Asian Coleslaw

Combine 1 cup shredded **napa cabbage** and ½ cup each of chopped **water chestnuts**, **green pepper** and julienned **zucchini**. Whisk 4½ teaspoons **rice vinegar**, 1 teaspoon each of **sugar**, **toasted sesame seeds** and **reduced-sodium soy sauce**, and ½ teaspoon **sesame oil**; toss with cabbage mixture. Add crushed **red pepper flakes** to taste. *Serves 2.* —**ERIN CHILCOAT** SMITHTOWN, NEW YORK

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Homegrown Chefs

Teach kids to cook, and it can change their lives. These kitchen dynamos prove it—and suggest how to get your own youngsters involved

These are the things every boy loves: video games, texting, gardening and cooking healthy meals. Wait. *What?* Can those last two really be true? For a middle-schooler named Tom Reynolds of South Tampa, Florida, they are.

"Tom began his gardening career on a small patch of ground at his home," says his grandmother, Judy Batson, who is also his cooking coach and a *Taste of Home* Field Editor. "He grew tomatoes, corn, strawberries and peppers, diligently caring for his plants. They produced prolific amounts of food, and that encouraged him to cook. At the time, Tom loved watching Emeril Lagasse on TV, who gave him basic instructions and incentive to create lively dishes while demonstrating that cooking was OK for guys to do.

"A year later, one of his school assignments was to 'make something,' " Judy says. "Other kids came in with birdhouses and necklaces, but Tom cooked his specialty— **Spanish Beef Hash** (*at right*)—for the entire class."

"It made a huge impression on everyone," Judy says.

Learning to cook awakened a passion in her grandson, says Judy; it also taught him the importance of healthy eating. "Tom was a bit chubby when he started cooking, but, since he was the one adding the ingredients, he became more aware of what he was eating, both from the standpoint of what tasted good and what was good for him. He slimmed down, and now he's healthy and trim, all from his own initiative."

Although Tom, now 17, and his mom decided to put aside the vegetable garden due to pesky and hungry critters, he continues to cook using market-fresh produce. "He loves to have an audience," Judy says. "It's pure entertainment for everyone. When he and his family vacationed in North Carolina, Tom cooked for a group of 10, who gave him a standing ovation. It's clearly something he'll enjoy doing for life."

FROM KITCHEN TO CULINARY SCHOOL

Peyton MacPhail began with the drums, which she started playing in her father's band at the age of 7. But the Shapleigh, Maine, resident soon found that she preferred banging on pots and pans instead of bongos and snares.

"I started cooking around age 8," Peyton recalls. "I made desserts and pastries, like eclairs. It was a lot of work, but I really enjoyed it, especially when there was chocolate involved. When I was 14, my parents signed me up for cooking classes, and I thrived in them. It's where I really got into healthy, fresh food. I learned about presentation and that healthy food doesn't have to taste bad. That's also where I started working with cakes, which I still like to do."

Continued on page 49 ►

Show & Tell & Taste Tom Reynolds, *right*, inspired classmates with the beef hash he invented.

Spanish Beef Hash

This tasty blend smells so good as it cooks that it lures people into the kitchen from all over the house.

—TOM REYNOLDS TAMPA, FLORIDA

PREP: 40 MIN. • **COOK:** 30 MIN. • **YIELD:** 6 SERVINGS

- **1 lb. ground beef**
- **2 cups chopped sweet yellow, red and/or green peppers**
- **1 small onion, chopped**
- **3 garlic cloves, minced**
- **2 small potatoes, peeled and cut into ¾-in. cubes**
- **2 medium tomatoes, chopped**
- **1 can (8 oz.) tomato sauce**
- **⅔ cup chopped pitted green olives**
- **½ cup sliced fresh mushrooms**
- **½ cup dry red wine or beef broth**
- **1 Tbsp. Louisiana-style hot sauce**
- **1 Tbsp. Worcestershire sauce**
- **1½ tsp. reduced-sodium soy sauce**
- **1 tsp. pepper**
- **½ tsp. salt**
- **½ tsp. dried oregano**
- **¼ tsp. Cajun seasoning**
- **Hot cooked rice**

1. In a Dutch oven, cook the beef, peppers, onion and garlic over medium heat until meat is no longer pink; drain. Add the potatoes, tomatoes, tomato sauce, olives, mushrooms, red wine and seasonings.
2. Bring to a boil. Reduce heat; simmer, uncovered, for 30-35 minutes or until potatoes are tender. Serve with rice.

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*Ryan, AS et al. *Prostaglandins Leukot Essent Fatty Acids.* 2010 Apr-Jun;82(4-6):305-14.

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Eat, Play, Love
Fun in the kitchen led to a career for Peyton MacPhail, *at right.*

Now 18, Peyton does more than just dabble in cakes and fresh ingredients—she's only weeks away from culinary school graduation. And she owes much of it to her mom and dad, who made sure their daughter helped them and her grandma in the kitchen as much as possible.

"My parents were big on having me try new things, and I'd cook all the time," says Peyton. "My mom is from Los Angeles and likes Southwestern food, while my dad is from Boston and loves those flavors, so I was exposed to different styles and tastes. Even if I thought I wouldn't like something, they'd get me to try it, saying, 'You never know what you might like.'"

Eating right resonated with her, even as a kid. "It kicked in for me when I was playing sports and realized my diet impacted my performance. My coach always used to tell us if we ate junk food, that's what we would feel like, and it made sense," says Peyton. "Since then, I've tried to use fresh ingredients, plenty of vegetables and lean meats. I replace fats and sugars with healthier ingredients, such as using apple cider vinegar instead of sugar in our homemade coleslaw."

Peyton's taken everything she has learned along the way and combined it with the skills she gathered at culinary school. Her plan is to unleash her years of food and kitchen knowledge in the form of her very own restaurant—called Peyton's Place, of course. ■

Advice from young cooks for parents

- **Experiment!** Don't tell your kids what they can or can't do—let them figure out what they like. Encourage them to help you cook, and they'll help you find a way to make it so they like it.
- **Teach them to use a knife** first, so they don't hurt themselves, and to be careful around a hot stove. And most importantly, don't hover over them. Let them make mistakes, and praise them for doing a good job.
- **Let kids be artists.** They like to get their hands into things, so let them work with cookies, bread and pizza dough—it's fun to watch it rise. Let them make their food look the way they want it to on their plate. "When I was young, we assembled our own plates of food and presented them for judging at the dinner table," Peyton says. "It made me more interested in what I was eating. I think it even tasted better because it was something we did together as a family."

GOT A KID WHO COOKS?
We're looking for kid-friendly recipes you make together, from healthy snacks to dinner and dessert. Send them to **tasteofhome.com/submit**.

▼ **Lily Malby**
Age 18 months

▲ **Joey Cardoza**
Age 7

▼ **Thad Hamilton**
Age 5 months

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ready in 30 minutes or less

Lunch Box Deli

Dining at your **desk again**? Munch on one of these **better-than-restaurant sandwiches** and you'll be glad you did

Chutney Chicken Croissants

Spread 3 Tbsp. each **cream cheese** and **mango chutney** onto two split **croissants**. Top with 1 cup shredded **cooked chicken breast**, **lettuce** and **red onion slices**. *Serves 2.*

—JANE INGRAHAM
SAN MARCOS, CALIFORNIA

Bistro Beef Sandwich

Spread a slice of **rye bread** with 1 Tbsp. **garlic-herb cheese spread**. Layer 3 slices **deli roast beef**, sliced **tomato**, **romaine lettuce** and julienned **red pepper**. Drizzle with 2 tsp. **French salad dressing**. Top with a slice of **rye bread**. *Makes 1 sandwich.*

—DAVID LOCKE
WOBURN, MASSACHUSETTS

Tom & Ava Sandwiches

Spread ½ cup softened **cream cheese** over 4 slices **whole wheat bread**. Top with **avocado**, **tomato**, **red onion slices** and ¼ cup **alfalfa sprouts**. Top each sandwich with a slice of **whole wheat bread**. *Serves 4.*

—LISA BENNETT
RILEY, OREGON

Tom & Ava, who? It's Lisa's clever ID for her **TOM**ato and **AV**ocado creation

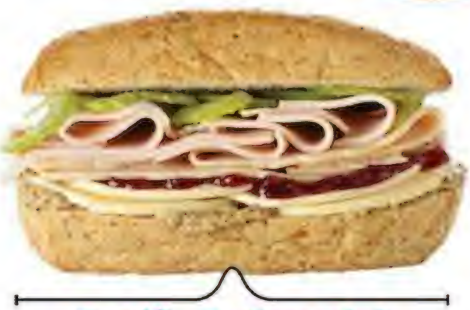
Hummus & Veggie Wrap-Up

Spread 2 Tbsp. **hummus** on a **whole wheat tortilla**. Top with **mixed salad greens**, chopped **sweet onion**, sliced **cucumber**, **alfalfa sprouts** and shredded **carrot**. Drizzle with 1 Tbsp. **balsamic vinaigrette**. Roll tightly. *Makes 1 wrap.*

—MICHAEL STEFFENS
INDIANAPOLIS, INDIANA

Corn Muffin Ham & Cheese

Combine ¼ cup **mayonnaise**, 2 Tbsp. **cooked crumbled bacon**, **dill weed** and **parsley flakes**; spread onto 6 halved **corn muffins**. Top each with 2 slices **deli ham**, a slice of **cheddar cheese** and sliced **cucumbers**. *Serves 6.* **—JENNIFER WARNER**
HUNTERTOWN, INDIANA



Terrific Turkey Club

Spread a **light rye roll** with **stone-ground mustard**; top with a slice of **Gouda cheese**, 1 tsp. **cranberry sauce**, 2 slices **deli turkey** and thinly sliced **celery**. *Makes 1 sandwich.* ■

—JANET SANDERS
PINE MOUNTAIN, GEORGIA

MORE ONLINE:
For more 30-minute lunches (and dinners), visit **tasteofhome.com/30**

A Grown-Up Look
Although we still miss our Strawberry Shortcake lunch boxes, we were won over by the airtight seal and inner compartment of this one (foods don't touch!). Microwave and dishwasher safe. Box Appetit, **black-blum.com**, *$22*

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Get Your Veggies On

With gardens, markets and grocery stores **bulging with just-picked vegetables,** it's so easy to **eat fresh and delicious**

You probably know all the facts: Vegetables are very low in calories and help maintain a healthy weight. They're rich in fiber, keeping your digestive tract on track. Vegetables are a great source of antioxidants that reduce the risk of cancer, heart disease and stroke. They're the best thing since sliced bread (or, at the very least, prewashed lettuce).

So why then do fewer than 25 percent of people in the U.S. get the recommended amount of produce in their diet? In large part because—let's face it—the American habit of boiling vegetables in a pot does not lead to a particularly palatable experience. No wonder Will Rogers once said, "An onion can make people cry, but there's never been a vegetable that can make people laugh."

Well, we're here to prove Will wrong. These incredible veggie-heavy recipes will have you reexamining your relationship with tubers, roots and stalks. In fact, you just may find yourself, if not contentedly smiling, giggling happily at their goodness. You'll also find yourself well on your way to following the USDA's advice to fill half of every plate and bowl full of vegetables and fruit for optimal health.

Roasted Butternut Linguine

Roasted Butternut Linguine

Squash is one of our favorite vegetables, and this is my husband's favorite fall dish. He looks forward to it all year.

—KIM CAPUTO CANNON FALLS, MINNESOTA

PREP: 10 MIN. • **BAKE:** 45 MIN.
YIELD: 4 SERVINGS

- **4 cups cubed peeled butternut squash**
- **1 medium red onion, chopped**
- **3 Tbsp. olive oil**
- **¼ tsp. crushed red pepper flakes**
- **½ lb. uncooked linguine**
- **2 cups shredded Swiss chard**
- **1 Tbsp. minced fresh sage**
- **½ tsp. salt**
- **¼ tsp. pepper**

1. Place the squash and onion in a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray. Combine the oil and pepper flakes; drizzle over vegetables and toss to coat.
2. Bake, uncovered, at 350° for 45-50 minutes or until tender, stirring occasionally.
3. Meanwhile, cook pasta according to package directions; drain and place in a large bowl. Add the squash mixture, Swiss chard, sage, salt and pepper; toss to combine.

Nutrition Facts: *1½ cups equals 384 calories, 12 g fat (2 g saturated fat), 0 cholesterol, 344 mg sodium, 64 g carbohydrate, 6 g fiber, 10 g protein.*

SHORTCUT

Save about 10 minutes of cooking time by using refrigerated fresh linguine instead of dried.

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So Easy Gazpacho

My daughter got this recipe from a college friend and shared it with me. Now I serve it often as an appetizer. It certainly is the talk of the party.

—LORNA SIRTOLI CORTLAND, NEW YORK

PREP: 10 MIN. + CHILLING
YIELD: 5 SERVINGS

- **2 cups tomato juice**
- **4 medium tomatoes, peeled and finely chopped**
- **½ cup chopped seeded peeled cucumber**
- **⅓ cup finely chopped onion**
- **¼ cup olive oil**
- **¼ cup cider vinegar**
- **1 tsp. sugar**
- **1 garlic clove, minced**
- **¼ tsp. salt**
- **¼ tsp. pepper**

1. In a large bowl, combine all ingredients. Cover and refrigerate for at least 4 hours or until chilled.

Nutrition Facts: *1 cup equals 146 calories, 11 g fat (2 g saturated fat), 0 cholesterol, 387 mg sodium, 11 g carbohydrate, 2 g fiber, 2 g protein.*

Grilled Veggie Tortillas

Your garden's bounty will be put to good use in this delightful entree, which resembles a pizza. When I find a recipe like this that's so well received, I make a copy, put it in a protective sleeve and store it in a binder so I can make it again and again.

—SHARON DELANEY-CHRONIS SOUTH MILWAUKEE, WISCONSIN

PREP/TOTAL TIME: 25 MIN.
YIELD: 4 SERVINGS

- **1 medium zucchini, cut lengthwise into ½-in. slices**
- **1 yellow summer squash, cut lengthwise into ½-in. slices**
- **1 small sweet red pepper, cut in half**
- **2 Tbsp. olive oil, divided**
- **½ tsp. salt**
- **1 large tomato, chopped**
- **¼ cup reduced-fat mayonnaise**
- **2 Tbsp. prepared pesto**
- **1 Tbsp. minced fresh basil**
- **1 Tbsp. minced fresh oregano**
- **4 whole wheat tortillas (8 in.)**
- **1 cup (4 oz.) shredded part-skim mozzarella cheese**

1. Brush the zucchini, summer squash and red pepper with 1 Tbsp. oil. Sprinkle with salt. Grill vegetables over medium heat for 4-5 minutes on each side or until tender. Cut into ½-in. cubes and place in a small bowl; stir in tomato.

2. Combine the mayonnaise, pesto, basil and oregano; set aside. Brush both sides of tortillas with remaining oil. Grill, uncovered, over medium heat for 2-3 minutes or until puffed.

3. Remove from the grill. Spread grilled sides with sauce; top with vegetable mixture. Sprinkle with cheese. Grill, covered, for 2-3 minutes or until cheese is melted.

Nutrition Facts: *1 tortilla equals 390 calories, 23 g fat (6 g saturated fat), 24 mg cholesterol, 785 mg sodium, 31 g carbohydrate, 4 g fiber, 14 g protein. Diabetic Exchanges: 3 fat, 1½ starch, 1 medium-fat meat, 1 vegetable.* ■

Paper or plastic? Neither! Skip the grocery store bag. Long-lasting Reuseit Recycled PET Mesh Produce Bags are the perfect tote when you're shopping for fruits and veggies. The stain-resistant bags are super-strong and see-through for easy checkout. **reuseit.com**, set of 4, $12.95.

Health. Wise.

Want lots of lightened-up family favorites, as well as tons of simple and smart strategies for staying healthy? Check out *Healthy Cooking*, our sister magazine. For a free trial issue, stroll on over to **tasteofhome.com/healthycooking**

MORE ONLINE:
There's more tasty veggie ideas at **tasteofhome.com/salads**

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HAVE YOU EXPERIENCED ANY OF THE FOLLOWING?

- ◯ episodes when your COPD symptoms become markedly worse
- ◯ the need for oral steroids or antibiotics for your COPD
- ◯ COPD symptoms requiring unexpected hospitalization
- ◯ worsening symptoms lasting for days, even weeks

If you answered "yes" to any of these, you may have experienced what's known as an EXACERBATION.

For adults with COPD who have had an exacerbation, ADVAIR® may help reduce the number of exacerbations and significantly improve lung function for better breathing* all day.

ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. ADVAIR DISKUS is not for, and should not be used to treat, sudden, severe symptoms of COPD. It won't replace a rescue inhaler. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits.

ADVAIR contains two medicines — an anti-inflammatory† and a long-acting bronchodilator — that work together to help you breathe better. Your results may vary. Talk to your doctor about how you could be doing more to treat your COPD with ADVAIR. **To learn more, visit ADVAIR.com or call 866-467-3624.**

Important Safety Information

- Do not use ADVAIR to treat sudden, severe symptoms of COPD. Always have a rescue inhaler medicine with you to treat sudden symptoms.
- Do not use ADVAIR DISKUS if you have severe allergy to milk proteins. Ask your doctor if you are not sure.
- **Do not use ADVAIR more often than prescribed. Do not take ADVAIR with other medicines that contain long-acting beta$_2$-agonists for any reason.** Tell your doctor about medicines you take and about all of your medical conditions.
- **ADVAIR can cause serious side effects, including:**
  - **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction: rash; hives; swelling of the face, mouth, and tongue; breathing problems.
  - **sudden breathing problems immediately after inhaling your medicine.**
  - **effects on heart:** increased blood pressure; a fast and irregular heartbeat; chest pain.
  - **effects on nervous system:** tremor; nervousness.
  - **reduced adrenal function (may result in loss of energy).**
  - **changes in blood (sugar, potassium, certain types of white blood cells).**
  - **weakened immune system and a higher chance of infections.** You should avoid exposure to chickenpox and measles, and, if exposed, consult your healthcare provider without delay. Worsening of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur.
  - **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
  - **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR.
  - **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR may increase the chance of getting pneumonia. Call your doctor if you notice any of the following symptoms: increase in mucus (sputum) production; change in mucus color; fever; chills; increased cough; increased breathing problems.
- **Common side effects of ADVAIR DISKUS 250/50 for COPD include** thrush in the mouth and throat, throat irritation, hoarseness and voice changes, viral respiratory infections, headache, and muscle and bone pain.

*Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. †It is not known how anti-inflammatories work in COPD.

Please see Brief Summary of Important Safety Information about ADVAIR DISKUS on adjacent page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

GlaxoSmithKline

ADVAIR DISKUS® 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

GSK for you
If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

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ADVAIR DISKUS®

(fluticasone propionate and salmeterol inhalation powder) BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is the most important information I should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

1. **People with asthma who take long-acting beta$_2$-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems.** It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
   - **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS.** You may need different treatment.
   - **Get emergency medical care if:**
     - breathing problems worsen quickly and
     - you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
  - Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who are well controlled with an asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine.

COPD

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD.
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby.
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- **ADVAIR DISKUS can cause serious side effects, including:**
- **See "What is the most important information I should know about ADVAIR DISKUS?"**
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
  - rash
  - hives
  - swelling of the face, mouth, and tongue
  - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
  - increased blood pressure
  - a fast and irregular heartbeat
  - chest pain
- **effects on nervous system**
  - tremor
  - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
  - increase in mucus (sputum) production
  - change in mucus color
  - fever
  - chills
  - increased cough
  - increased breathing problems

Common side effects of ADVAIR DISKUS include:

Asthma:

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

COPD:

- thrush in the mouth and throat
- throat irritation
- hoarseness and voice changes
- viral respiratory infections
- headache
- muscle and bone pain

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:7MG January 2011

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Health Briefs

News to **peruse** for a better life | BY **SARA ALTSHUL** AND **BARBARA SCHUETZ**

21% of kids ages 2 to 5 are overweight

10.4% of kids ages 2 to 5 are obese

BEAT OBESITY THE HIGH-FIVE WAY

September is Childhood Obesity Awareness Month. With influential folks such as First Lady Michelle Obama and celebrity chef Jamie Oliver (see an interview with him, *page 86*) leading the charge, childhood obesity has become a national priority (learn more at **healthierkidsbrighterfutures.org**). Overweight kids face such risks as high cholesterol, diabetes and high blood pressure, to name a few. Parents can help their kids stay in shape by following five simple steps, says Elsie Taveras, a physician with the Obesity Prevention Program at Harvard Medical School.

Limit sugary drinks. No more than 4 ounces per day of sweetened soda or juice cocktails.
Limit fast food. No more than once a week.
Limit TV. No television in your child's bedroom; limit viewing to an hour a day.
Increase fruits and veggies. At least five servings a day.
Promote active play. At least an hour a day.

Something to embrace on the fat-fighting front:

HUG A LOT What your baby eats isn't the only thing that matters when it comes to achieving a healthy weight as a toddler; it may also be important how often you hug her, especially when she's stressed. Sarah Anderson, assistant professor of epidemiology at Ohio State University, found that toddlers who aren't well bonded to their moms have a 30 percent higher risk of becoming obese as preschoolers than babies with a stronger mommy connection. "Securely attached children may be less likely to eat in response to emotional distress," says Anderson.

SQUEEZE BOX

Perfect for snacks, **Mashups** are organic, 100 percent fruit and veggie purees that come in kid-friendly, squeezable containers. Yummy blends include Beetbox Berry, Carroty Chop and Blueberry Blitz—and each provides a serving and a half of a child's daily fruit and vegetable requirement. $4.49 for a four-pack at retailers such as Whole Foods and Babies 'R' Us.

Soy what?

Did you hear? For the first time ever, the U.S. Department of Agriculture is recommending soy foods. The updated dietary guidelines, released this year, include soy products and fortified soy beverages as an alternate source of lean protein. Soy foods provide high-quality protein that is low in saturated fat, is cholesterol free and rich in many nutrients. ■

KIDS: DREW MYERS/CORBIS; SOYBEANS: SEVENKE/SHUTTERSTOCK.COM

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Mix It Up

When **time *isn't* on your side**, packaged mixes and sauces can help you create satisfying **almost-homemade family meals** that keep weeknights simple

Four-Cheese Baked Ziti
Try adding your favorite veggies to this dressed-up mac and cheese. Serve with greens tossed with Buttermilk Salad Dressing.

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EASY MONDAY CASSEROLE

Four-Cheese Baked Ziti

Made with store-bought Alfredo sauce, this extra-cheesy casserole is always popular at our house. It's a nice break from typical tomato-based recipes.

—**LISA VARNER** CHARLESTON, SOUTH CAROLINA FE

PREP: 20 MIN. • **BAKE:** 30 MIN.
YIELD: 8 SERVINGS

- **1 pkg. (16 oz.) ziti or small tube pasta**
- **2 cartons (10 oz. each) refrigerated Alfredo sauce**
- **1 cup (8 oz.) sour cream**
- **2 eggs, lightly beaten**
- **1 carton (15 oz.) ricotta cheese**
- **½ cup grated Parmesan cheese, divided**
- **¼ cup grated Romano cheese**
- **¼ cup minced fresh parsley**
- **1¾ cups shredded part-skim mozzarella cheese**

1. Cook ziti according to package directions; drain and return to the pan. Stir in Alfredo sauce and sour cream. Spoon half into a lightly greased 3-qt. baking dish.
2. In a small bowl, combine the eggs, ricotta cheese, ¼ cup Parmesan cheese, Romano cheese and parsley; spread over pasta. Top with remaining pasta mixture; sprinkle with mozzarella and remaining Parmesan.
3. Cover and bake at 350° for 25 minutes or until a thermometer reads 160°. Uncover; bake 5-10 minutes longer or until bubbly.

ON THE SIDE:
Buttermilk Salad Dressing

Combine ¾ cup **buttermilk**, 2 cups **2% cottage cheese** and 1 envelope **ranch salad dressing mix** in a blender; cover and process until smooth. Refrigerate until serving. Serve with **vegetables** of your choice or **mixed salad greens**. *Yield: 2¾ cups.*

—**VICKI FLODEN** STORY CITY, IOWA

Save even more time by buying ready-to-serve, fully cooked bacon.

TUESDAY ON THE GRILL

Loaded Flank Steak

A ranch dressing mix flavors the no-fuss stuffing in this tender steak. You'll appreciate that something so yummy goes from fridge to table in half an hour.

—**TAMMY THOMAS** MUSTANG, OKLAHOMA

PREP/TOTAL TIME: 30 MIN.
YIELD: 6 SERVINGS

- **½ cup butter, softened**
- **6 bacon strips, cooked and crumbled**
- **3 green onions, chopped**
- **2 Tbsp. ranch salad dressing mix**
- **½ tsp. pepper**
- **1 beef flank steak (1½ to 2 lbs.)**

1. In a small bowl, combine the first five ingredients. Cut a deep slit in the side of the steak, forming a pocket. Stuff butter mixture into slit.
2. Grill steak, covered, over medium heat or broil 4-6 in. from the heat for 6-7 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°). To serve, thinly slice across the grain.

ON THE SIDE:
Buttery-Onion Corn on the Cob

Combine ½ cup **melted butter** and 1 envelope **onion soup mix**; rub over 4 medium ears **sweet corn** (husks removed). Wrap each ear in aluminum foil and place on a baking sheet. Bake at 450° for 15-20 minutes or until corn is tender, turning once. *Yield: 4 servings.*

—**LISA DENSON** DECATUR, ALABAMA

Loaded Flank Steak
Buttery-Onion Corn on the Cob

WEDNESDAY NIGHT BAKE

Rice-Stuffed Pork Chops

These tasty chops impressed my husband when we were first dating. The rice and coating mixes really speed things up.

—**BECKY ADERMAN** NIAGARA, WISCONSIN

PREP: 20 MIN. • **BAKE:** 35 MIN.
YIELD: 4 SERVINGS

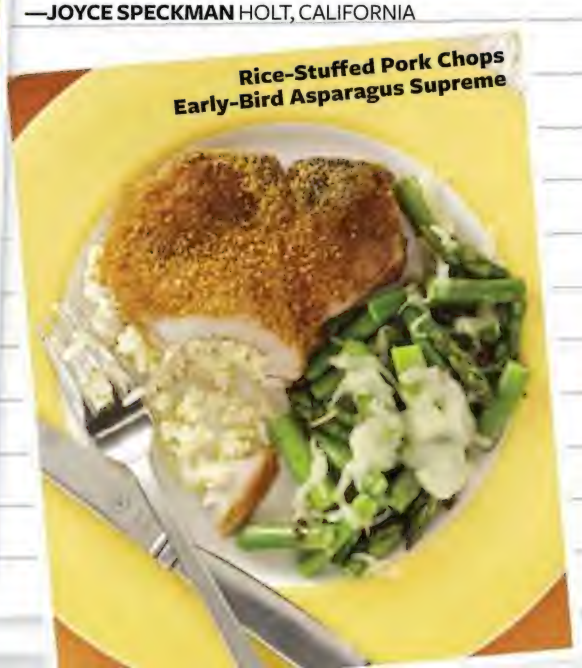
- **2¼ cups water**
- **1 Tbsp. butter**
- **1 pkg. (5.6 oz.) instant chicken-flavored rice and sauce mix**
- **4 bone-in pork loin chops (1 in. thick and 8 oz. each)**
- **1 envelope seasoned coating mix**

1. In a large saucepan, combine the water, butter and rice with contents of sauce mix. Bring to a boil; stir. Reduce heat; cover and simmer for 4 minutes or until the rice is almost tender. Let stand for 5 minutes.
2. Meanwhile, moisten pork chops with water; dip in coating mix. Cut a pocket in each chop; fill with rice mixture. Place in an ungreased 13-in. x 9-in. baking dish. Spoon remaining rice around chops. Bake, uncovered, at 425° for 35-40 minutes or until meat juices run clear.

ON THE SIDE:
Early-Bird Asparagus Supreme

Cook 3 lbs. cut **fresh asparagus** in boiling water for 3 minutes; drain and place in a 13-in. x 9-in. baking dish. Combine 3 Tbsp. **melted butter** and 1 envelope **onion soup mix**; drizzle over asparagus and sprinkle with 1 cup **shredded part-skim mozzarella cheese**. Bake at 425° for 10-12 minutes or until asparagus is tender. *Yield: 6 servings.*

—**JOYCE SPECKMAN** HOLT, CALIFORNIA



Rice-Stuffed Pork Chops
Early-Bird Asparagus Supreme

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Nacho Cheese Beef Bake
Glazed Baby Carrots
To speed up the cooking of ground beef, break the meat into small pieces with a pastry blender.

THURSDAY NIGHT DELI

Spiral Stromboli

My mother gave me this appetizing recipe to try, and everyone loves it. It's so simple to assemble, too.
—**BETH BRUHN** WILLMAR, MINNESOTA

PREP: 15 MIN. • **BAKE:** 20 MIN.
YIELD: 6 SERVINGS

- **1 tube (11 oz.) refrigerated crusty French loaf**
- **¾ cup shredded part-skim mozzarella cheese**
- **¾ cup shredded cheddar cheese**
- **¼ lb. thinly sliced hard salami**
- **¼ lb. thinly sliced deli ham**
- **1 jar (2 oz.) diced pimientos, drained**
- **1 Tbsp. butter, melted**
- **3 Tbsp. shredded Parmesan cheese**

1. Unroll dough on a lightly floured surface. Pat into a 14-in. x 12-in. rectangle; sprinkle mozzarella and cheddar cheeses to within ½ in. of edges. Layer with hard salami, deli ham and pimientos.
2. Roll up tightly jelly-roll style, starting from a short side; pinch seam to seal. Place seam side down on an ungreased baking sheet. Brush with melted butter; sprinkle with Parmesan cheese.
3. Bake at 375° for 20-25 minutes or until golden brown. Cool on wire rack for 5 minutes. Cut with serrated knife. Serve warm. Refrigerate leftovers.

ON THE SIDE:
Candy Bar Apple Salad

Whisk ¾ cup cold **2% milk** and ⅓ cup **instant vanilla pudding mix** for 2 minutes. Let stand for 2 minutes or until soft-set. Fold in 1¾ cup **whipped topping**, 2 chopped **apples** and 2 chopped **Snickers candy bars**. Refrigerate until serving. ***Yield: 6 servings (¾ cup each).***
—**CYNDI FYNAARDT** OSKALOOSA, IOWA

SOUTHWEST FRIDAY

Nacho Cheese Beef Bake

My daughter came up with this recipe when she was visiting her fiance's family. After sampling it, her future father-in-law thought she was a pretty good cook.
—**KENDRA MCINTYRE** WEBSTER, SOUTH DAKOTA

PREP: 25 MIN. • **BAKE:** 15 MIN.
YIELD: 4 SERVINGS

- **2 cups uncooked egg noodles**
- **1 lb. ground beef**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **1 can (10¾ oz.) condensed nacho cheese soup, undiluted**
- **1 jar (5¾ oz.) sliced pimiento-stuffed olives, drained**
- **1 can (4 oz.) chopped green chilies**
- **1½ cups (6 oz.) shredded cheddar cheese**
- **2 cups crushed tortilla chips**
- **⅓ cup prepared ranch salad dressing**
- **Shredded lettuce, sour cream and/or salsa, optional**

1. Cook noodles according to package directions; drain. Meanwhile, in a large saucepan, cook beef over medium heat until no longer pink; drain. Stir in the tomatoes, soup, olives and chilies. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Stir in noodles.
2. Transfer to a greased 11-in. x 7-in. baking dish. Sprinkle with cheese. Bake at 350° for 15-20 minutes or until heated through. Top with tortilla chips; drizzle with salad dressing. Serve with lettuce, sour cream and/or salsa if desired.

ON THE SIDE:
Glazed Baby Carrots

Cook 2 lbs. of **baby carrots** in 1 in. of boiling water for 12-15 minutes or until crisp-tender; drain. Stir in 12 oz. **orange marmalade**. Serve with a slotted spoon. ***Yield: 8 servings.*** ■
—**LINDA HOFFMAN** LOGANSPORT, INDIANA

HOMEMADE FLAVOR

Want **even more recipes** that give you **from-scratch flavor without the fuss?** Check out our new cookbook, *Taste of Home Almost Homemade 2011*, with more than 300 time-saving recipes and shortcuts. Order it at **shoptasteofhome.com**.

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With an abundance of wholesome Birds Eye vegetables, quality meats and chef-inspired sauces in every bag, preparing a delicious, hearty home-cooked meal is as easy as going from freezer to skillet. **Get a taste of home cooking.**

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Enter Now for Your Chance to Win $25,000 Cash!

Do you have a favorite big-batch recipe that's perfect for any potluck occasion?

SEND it in and enter for your chance to win!

taste of home ultimate POTLUCK RECIPE CONTEST

Baking Pan Favorites

Five Ways to WIN!

Enter in any of the 5 categories with as many recipes as you want:

- Baking Pan Favorites (13x9, 8x8, springform, etc.)
- Hand-Held Recipes
- Light & Delicious Fare
- Almost Homemade Recipes
- Slow Cooker Recipes

Our Grand Prize Winner will receive $25,000!

Five finalists, one from each category, will be selected from all entries. One finalist will be named our Grand Prize Winner and receive $25,000 cash. The remaining four finalists will each win $500 cash and a selection of Taste of Home cookbooks with a retail value of $200.

Slow Cooker Recipes

Hand-Held Recipes

Almost Homemade

Go to TasteofHome.com/ultimatepotluck to enter!

Deadline: November 30, 2011

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Enter via the Web only at TasteofHome.com/ultimatepotluck. For complete details and contest rules, visit TasteofHome.com/ultimatepotluck. Entries must be received by 11:59 p.m. CT on November 30, 2011. No purchase necessary to enter or win. Contest is open to legal residents of the U.S. or Canada (excluding Quebec province) 18 or older.

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contest

MEALS IN minutes

5 FANTASTIC IN 5

Here's a contest built around mind-blowing entrees, desserts and appetizers **all made with just five ingredients**, which means easy, fast and inexpensive cooking that also tastes spectacular. These recipes are the best of the best in quick dining, so you can **get in and out of the kitchen at warp speed** to do something nutty like, say, relax for a few seconds. From dishes using filet mignon to pulled pork to butternut squash, our winners turned to their cupboards and refrigerators, but most especially to their imaginations. The only cheat we allowed was making **salt, pepper and water** freebie ingredients that didn't get counted. So turn the page for some **seriously tasty, streamlined cooking.** And just think, you can **gather the ingredients for these recipes in one arm**, which means your other arm is available to carry a baby, reach for a phone or elbow an irritating brother-in-law in the ribs. **How great is that?**

YOU COULD BE NEXT! TURN TO PAGE 64 TO ENTER OUR NEXT RECIPE CONTEST

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ENTER OUR **GREAT FIXES WITH MIXES** CONTEST & *WIN!*

$500

GREAT FIXES WITH MIXES

Sure, from-scratch flavors can't be beat, but every cook needs a tasty shortcut from time to time. That's why we're looking for your best recipes that start with a mix, be it from a packet, pouch or box. So if you whip up something magical from things such as pancake, pasta, pudding or gravy mixes, or even instant mashed potatoes, enter now! Any recipe that features a mix and has mouthwatering appeal qualifies—and gives you a chance to take your place among our legendary contest winners!

WE'RE LOOKING FOR RECIPES THAT USE A MIX TO MAKE:

- Casseroles, skillet meals or any entree your family loves
- Breakfast fare that gets gobbled up
- Desserts and drinks that always wow a crowd
- Tried-and-true soups, stews and chili
- Salads, sides, breads and muffins to enjoy at home or share with friends
- After-school or at-work snacks and party-perfect appetizers

ENTRY DEADLINE IS DEC. 15, 2011

We'll announce winners in the **August/September 2012** issue.

ENTER TODAY AT tasteofhome.com/recipecontests

MEET OUR

LISA KEYS
MIDDLEBURY, CONNECTICUT

Grand Prize Winner

Can you inherit **a talent for cooking?** This Connecticut mom's contest-winning recipe proves you can

***TOH:* WHAT'S THE SECRET BEHIND YOUR GRAND PRIZE RECIPE?**

LISA: I've been making Crispy Buffalo Chicken Roll-ups for at least a decade. Originally, I dipped them in butter and wing sauce, but later I switched to a crunchy coating—it's one of the best parts of the dish. You can make it the night before, but don't coat the chicken until right before baking. If you use a really delicious blue cheese, this meal feels almost luxurious.

***TOH:* WHAT INSPIRES YOU TO GET INTO THE KITCHEN?**

LISA: I love to cook and bake—I'm Italian, so it's in my genes—and find it therapeutic to create something new. I'm always tinkering with a new technique or ingredient. I especially love to bake and share my recipes with those I love and adore: my family and friends.

***TOH:* WHO TAUGHT YOU TO COOK?**

LISA: I'm largely self-taught but I also learned by osmosis, being in my grandmothers' kitchens. They showed me to use fresh, seasonal, local ingredients and not to be afraid to cook by instinct. My mom didn't like to cook and bake much, but she had five children to feed, so she did it out of necessity. My dad, however, started cooking in his retirement and was excellent. He made the best homemade pizza and sausage.

***TOH:* TELL US ABOUT YOURSELF AND YOUR FAMILY**

LISA: I've been practicing adolescent medicine for 25 years and love taking care of teenagers. My husband, Bill, is retired. I have a daughter, Caitlin, who loves my recipe for sausage and peppers. My son, William, a U.S. Navy corpsman, was killed a few months ago. His favorite was crispy coconut chicken with red pepper jelly and pineapple mustard sauce. He was an inspiration to me and loved my cooking. Now my husband and I want to spend more time with Caitlin, who lives in Pennsylvania, so we'll use my winnings to take a trip there, and, I'm sure, do some cooking while we visit. ■

MIXING BOWL: THOMAS M PERKINS/SHUTTERSTOCK.COM

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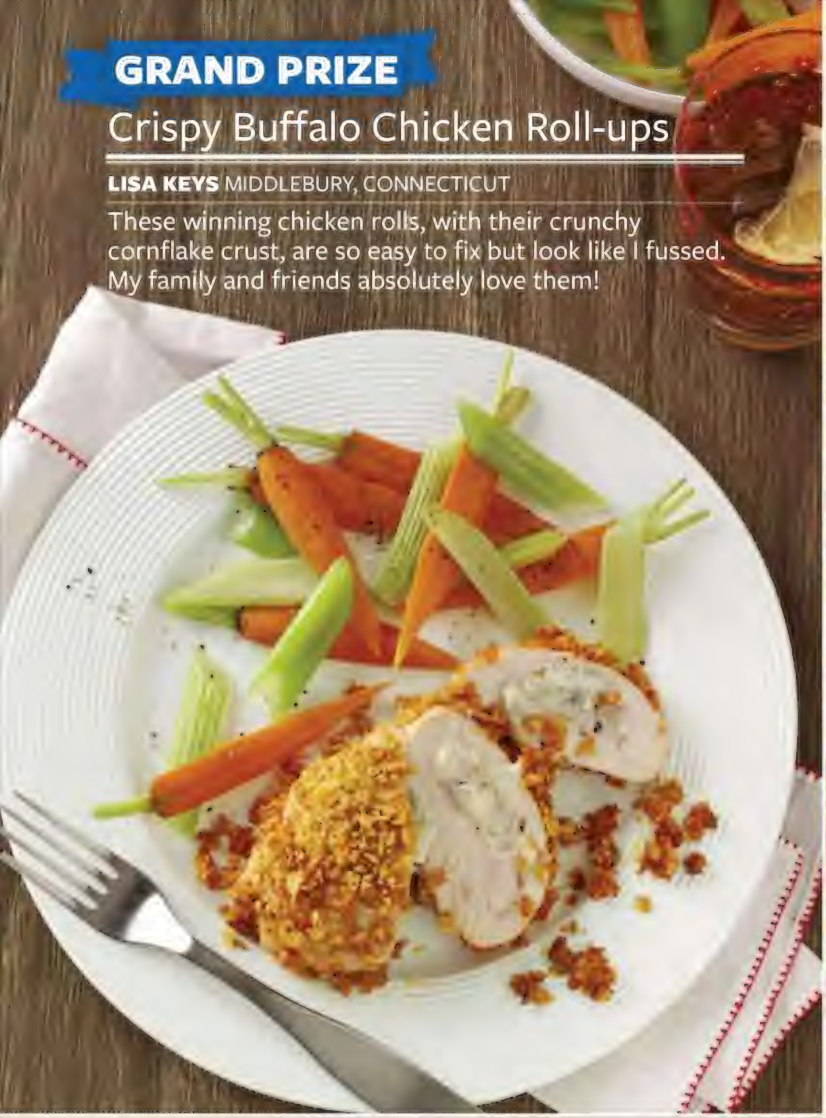
GRAND PRIZE

Crispy Buffalo Chicken Roll-ups

LISA KEYS MIDDLEBURY, CONNECTICUT

These winning chicken rolls, with their crunchy cornflake crust, are so easy to fix but look like I fussed. My family and friends absolutely love them!

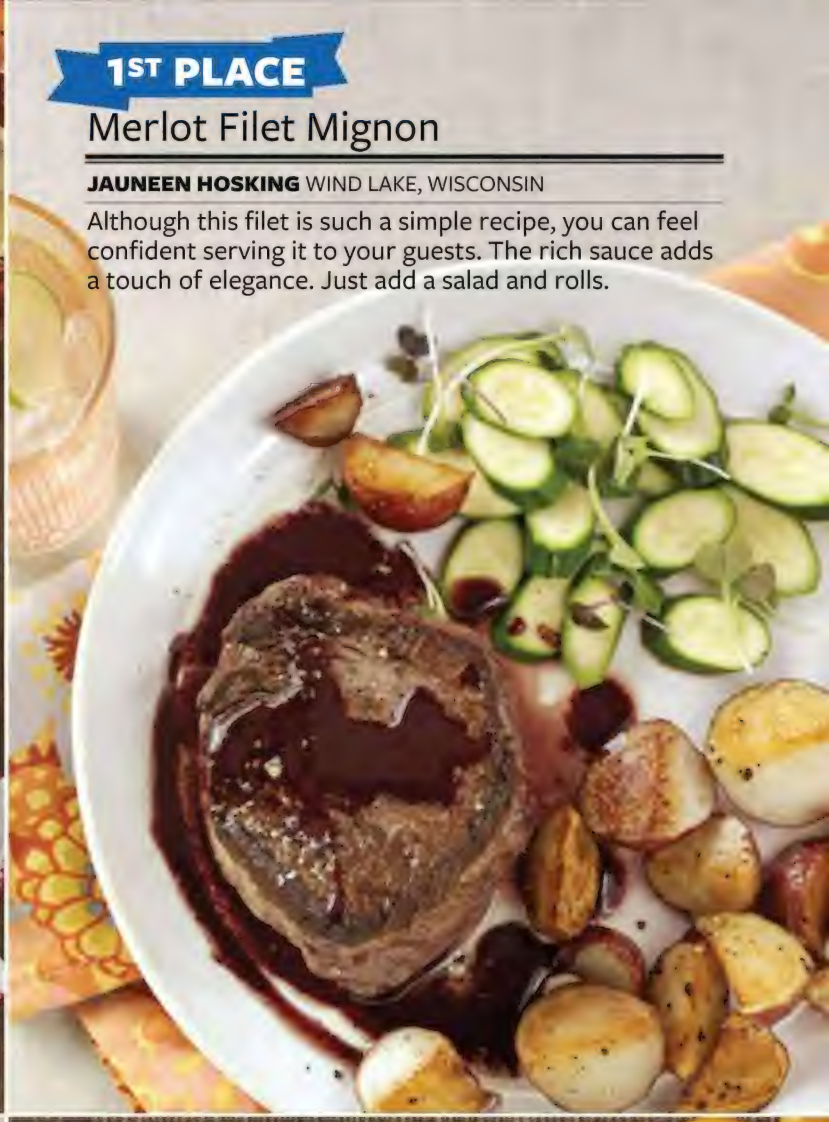


1ST PLACE

Merlot Filet Mignon

JAUNEEN HOSKING WIND LAKE, WISCONSIN

Although this filet is such a simple recipe, you can feel confident serving it to your guests. The rich sauce adds a touch of elegance. Just add a salad and rolls.



2ND PLACE

Pecan-Stuffed Butternut Squash

SHERYL LITTLE SHERWOOD, ARKANSAS

I love autumn, when butternut squash is at its peak. This is one of my favorite ways to prepare it. The squash is tender, and the creamy pecan filling is fabulous.

3RD PLACE

White Chocolate Brie Cups

ANGELA VITALE DELAWARE, OHIO

Try these unique little tarts as an appetizer before a special meal, or save them for a surprisingly different dinner finale. They're sweet, creamy and crunchy—and very addictive!

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Merlot Filet Mignon

PREP/TOTAL TIME: 20 MIN. • **YIELD:** 2 SERVINGS

- **2 beef tenderloin steaks (8 oz. each)**
- **3 Tbsp. butter, divided**
- **1 Tbsp. olive oil**
- **1 cup merlot**
- **2 Tbsp. heavy whipping cream**
- **⅛ tsp. salt**

1. In a small skillet, cook steaks in 1 Tbsp. butter and oil over medium heat for 4-6 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°). Remove and keep warm.
2. In the same skillet, add wine, stirring to loosen browned bits from pan. Bring to a boil; cook until liquid is reduced to ¼ cup. Add the cream, salt and remaining butter; bring to a boil. Cook and stir for 1-2 minutes or until slightly thickened and butter is melted. Serve with steaks.

Crispy Buffalo Chicken Roll-ups

PREP: 15 MIN. • **BAKE:** 30 MIN. • **YIELD:** 4 SERVINGS

- **4 boneless skinless chicken breast halves (6 oz. each)**
- **¾ tsp. salt**
- **½ tsp. pepper**
- **¼ cup crumbled blue cheese**
- **¼ cup hot pepper sauce**
- **2 Tbsp. mayonnaise**
- **1 cup crushed cornflakes**

1. Flatten chicken breasts to ¼-in. thickness. Season with salt and pepper; sprinkle with blue cheese. Roll up each from a short side and secure with toothpicks.
2. In a shallow bowl, combine pepper sauce and mayonnaise. Place cornflakes in a separate shallow bowl. Dip chicken in pepper sauce mixture, then coat with cornflakes. Place seam side down in a greased 11-in. x 7-in. baking dish.
3. Bake, uncovered, at 400° for 30-35 minutes or until chicken is no longer pink. Discard toothpicks.

White Chocolate Brie Cups

PREP/TOTAL TIME: 25 MIN. • **YIELD:** 15 APPETIZERS

- **1 pkg. (9 oz.) frozen miniature phyllo tart shells**
- **1½ oz. white baking chocolate, chopped**
- **2 oz. Brie cheese, chopped**
- **⅓ cup orange marmalade**

1. Fill each tart shell with chocolate, then cheese. Place on an ungreased baking sheet. Top with marmalade.
2. Bake at 350° for 6-8 minutes or until golden brown. Serve warm.

Pecan-Stuffed Butternut Squash

PREP: 10 MIN. • **BAKE:** 1¼ HOURS • **YIELD:** 8 SERVINGS

- **2 medium butternut squash (about 3 lbs. each)**
- **¾ tsp. salt**
- **Pepper, optional**
- **4 oz. cream cheese, softened**
- **¼ cup butter, softened**
- **3 Tbsp. brown sugar**
- **½ cup chopped pecans**

1. Cut each squash in half lengthwise; discard seeds. Place squash cut side down in two 13-in. x 9-in. baking dishes; add ½-in. water. Bake, uncovered, at 350° for 1 hour.
2. Turn squash over; sprinkle with salt and pepper if desired. In a small bowl, beat the cream cheese, butter and brown sugar until light and fluffy; stir in pecans. Spoon into squash cavities.
3. Bake 15-20 minutes longer or until filling is lightly browned and squash is tender.

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Curried Coconut Chicken

BECKY WALCH MANTECA, CALIFORNIA

Looking for a new way to fix chicken breasts? This no-fuss recipe is a nice change of pace. It's sweet, savory and a little exotic. Serve it over rice or couscous.

Caramelized Fennel Tarts

LISA SPEER PALM BEACH, FLORIDA

Fennel is a favorite of mine, no matter how it's cooked, but I think it's really amazing sauteed until rich and golden, then baked on delicious puff pastry. I've served these as a side dish and an appetizer.

Chicken with Shallot Sauce

KATHY ANDERSON ROCKFORD, ILLINOIS

Even though it doesn't take long to put together, this flavorful chicken tastes like it simmered all day. It's wonderful with mashed potatoes and a green vegetable.

Chocolate Banana Bundles

THOMAS FAGLON SOMERSET, NEW JERSEY

Banana and chocolate is such an irresistible combination that I make this quick dessert often. I sometimes sprinkle on a dash of sea salt. You can also top with any leftover butter and brown sugar mixture.

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Caramelized Fennel Tarts

PREP: 45 MIN. • **BAKE:** 15 MIN. • **YIELD:** 2 DOZEN

- **2 medium fennel bulbs, quartered and thinly sliced**
- **2 Tbsp. olive oil**
- **1½ tsp. minced fresh thyme or ½ tsp. dried thyme**
- **1 tsp. balsamic vinegar**
- **¼ tsp. salt**
- **⅛ tsp. pepper**
- **1 pkg. (17.3 oz.) frozen puff pastry, thawed**

1. In a large skillet, saute fennel in oil until softened. Reduce heat to medium-low; cook, uncovered, for 40 minutes or until deep golden brown, stirring occasionally. Stir in the thyme, vinegar, salt and pepper.
2. Unfold each puff pastry sheet onto an ungreased baking sheet. Using a knife, score 1 in. from the edges of each pastry. Spread fennel mixture to within ½ in. of edges.
3. Bake at 400° for 12-15 minutes or until golden brown. Cut each tart into 12 pieces.

Curried Coconut Chicken

PREP: 10 MIN. • **BAKE:** 30 MIN. • **YIELD:** 4 SERVINGS

- **3 Tbsp. butter, melted**
- **1 cup flaked coconut**
- **2 tsp. curry powder**
- **4 boneless skinless chicken breast halves (6 oz. each)**
- **¼ tsp. salt**
- **1 cup apricot preserves, warmed**

1. Place butter in a shallow bowl. In another shallow bowl, combine the coconut and curry powder. Dip chicken in butter, then coat with coconut mixture.
2. Place in a greased 13-in. x 9-in. baking dish; sprinkle with salt. Bake, uncovered, at 350° for 30-35 minutes or until a meat thermometer reads 170°. Serve with preserves.

Chocolate Banana Bundles

PREP/TOTAL TIME: 30 MIN. • **YIELD:** 4 SERVINGS

- **2 Tbsp. butter**
- **¼ cup packed brown sugar**
- **2 medium ripe bananas, halved lengthwise**
- **1 sheet frozen puff pastry, thawed**
- **4 oz. semisweet chocolate, melted**
- **Vanilla ice cream, optional**

1. In a large skillet, melt butter over medium heat. Stir in brown sugar until blended. Add bananas; stir to coat. Remove from the heat; set aside.
2. Unfold puff pastry. Cut into four rectangles. Place a halved banana in the center of each square. Overlap two opposite corners of pastry over banana; pinch tightly to seal. Place on parchment paper-lined baking sheets.
3. Bake at 400° for 20-25 minutes or until golden brown. Drizzle with chocolate. Serve warm with ice cream if desired.

Chicken with Shallot Sauce

PREP: 10 MIN. • **COOK:** 50 MIN. • **YIELD:** 4 SERVINGS

- **6 bacon strips, chopped**
- **1 broiler/fryer chicken (3 to 4 lbs.), cut up**
- **½ tsp. salt**
- **½ tsp. pepper**
- **10 shallots, thinly sliced**
- **1 cup water**
- **1 whole garlic bulb, cloves separated and peeled**
- **½ cup balsamic vinegar**

1. In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels with a slotted spoon; drain, reserving 2 Tbsp. drippings.
2. Sprinkle chicken with salt and pepper; brown in bacon drippings. Remove and keep warm. Add shallots; cook and stir until tender. Stir in water and garlic. Return chicken to pan. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes or until chicken is tender.
3. Remove chicken to a serving platter; keep warm. Skim fat from cooking juices. Mash garlic; add vinegar. Bring liquid to a boil; cook until slightly thickened. Spoon over chicken; sprinkle with reserved bacon.
Kathy's Tip: *You can easily peel the garlic cloves by smashing them slightly with the flat side of a chef's knife. Or buy cloves that are already peeled to save time.*

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Sweet & Tangy Pulled Pork

MEGAN KLIMKEWICZ KAISER, MISSOURI

The slow cooker makes these super sandwiches a snap to put together on a busy weeknight. You'd think I'd slaved over them all day! I like to serve them with a side of creamy coleslaw or corn on the cob.

Easy Breezy Turkey Loaf

JO ANN SHAPPARD VINCENNES, INDIANA

If you think you can't make meat loaf like Mom does, try this super-easy recipe. Your favorite store-bought spaghetti sauce flavors the moist loaf, and the ground turkey saves on calories.

Rosemary Cheddar Muffins

BONNIE STALLINGS MARTINSBURG, WEST VIRGINIA

My 96-year-old stepmother gave me this recipe many years ago. We have enjoyed these luscious biscuitlike muffins ever since. You might not even need butter!

Orange-Pecan Salmon

PAT NEAVES LEES SUMMIT, MISSOURI

I first made this baked salmon for a girlfriends' luncheon, and it received rave reviews! It was especially nice that I could pop it in the oven just before they arrived and still serve lunch within minutes.

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Easy Breezy Turkey Loaf

PREP: 10 MIN. • **BAKE:** 1 HOUR 5 MINUTES • **YIELD:** 6 SERVINGS

- **1 cup seasoned bread crumbs**
- **1 cup garden-style spaghetti sauce, divided**
- **1 medium onion, chopped**
- **1 egg**
- **1 tsp. salt**
- **1 tsp. pepper**
- **1½ lbs. ground turkey**

1. In a large bowl, combine the bread crumbs, ½ cup spaghetti sauce, onion, egg, salt and pepper. Crumble turkey over mixture and mix well. Pat into an ungreased 9-in. x 5-in. loaf pan.
2. Bake, uncovered, at 350° for 1 hour. Spread remaining spaghetti sauce over loaf. Bake 5-10 minutes longer or until a meat thermometer reads 165° and juices run clear.

Sweet & Tangy Pulled Pork

PREP: 15 MIN. • **COOK:** 8 HOURS • **YIELD:** 12 SERVINGS

- **1 boneless pork shoulder butt roast (3 to 4 lbs.)**
- **1 jar (18 oz.) apricot preserves**
- **1 large onion, chopped**
- **2 Tbsp. reduced-sodium soy sauce**
- **2 Tbsp. Dijon mustard**
- **Hamburger buns, split, optional**

1. Cut pork roast in half; place in a 4- or 5-qt. slow cooker. Combine the preserves, onion, soy sauce and mustard; pour over roast. Cover and cook on low for 8-10 hours or until meat is tender.
2. Remove meat; cool slightly. Skim fat from cooking juices. Shred pork with two forks and return to slow cooker; heat through. Serve on buns, if desired.
Megan's Tip: *You can substitute ¼ cup chicken broth for the soy sauce.*

Orange-Pecan Salmon

PREP: 10 MIN. + MARINATING • **BAKE:** 20 MIN. • **YIELD:** 4 SERVINGS

- **1 cup chopped pecans, toasted**
- **1 cup orange marmalade**
- **½ cup reduced-sodium soy sauce**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **4 salmon fillets (6 oz. each and 1 in. thick)**

1. In a small bowl, combine the first five ingredients. Pour 1 cup marinade into a large resealable plastic bag. Add the salmon; seal bag and turn to coat. Refrigerate for up to 30 minutes. Set aside remaining marinade.
2. Drain and discard marinade from salmon. Place salmon in a greased 11-in. x 7-in. baking dish. Bake, uncovered, at 350° for 20-25 minutes or until fish flakes easily with a fork.
3. In a small saucepan, bring reserved marinade to a boil; cook until liquid is reduced to ¾ cup. Serve with salmon.

Rosemary Cheddar Muffins

PREP/TOTAL TIME: 25 MIN. • **YIELD:** 1 DOZEN

- **2 cups self-rising flour**
- **½ cup shredded sharp cheddar cheese**
- **1 Tbsp. minced fresh rosemary or 1 tsp. dried rosemary, crushed**
- **1¼ cups 2% milk**
- **3 Tbsp. mayonnaise**

1. In a large bowl, combine the flour, cheese and rosemary. In another bowl, combine milk and mayonnaise; stir into dry ingredients just until moistened. Spoon into 12 greased muffin cups.
2. Bake at 400° for 8-10 minutes or until lightly browned and toothpick inserted in muffin comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm.

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close to home

CELEBRATING the PEOPLE around the *Taste of Home* table

ILLUSTRATION: JULIETTE BORDA

Power Couple

This working mom often **turned to the other guy in her life** to get dinner on the table | BY **JANE GARTRELL**

You know how some happy couples describe their relationship as a match made in heaven? Well, with Mike and me, it was a match made in the kitchen. I've certainly never met someone more turned on by the idea of food. But Mike is really something else. I mean, he *lives* in the kitchen.

Which is a good thing. Of the two of us, I'm definitely the breadwinner of the house. So after a stressful, paper-shuffling, keyboard-punching day at the office, I can't tell you what a relief it is to come home and find Mike already in the kitchen, ready to help put dinner on the table.

We have our routine down perfectly. While I decompress for a few minutes—changing my clothes, asking the boys about their day at school, checking the mail—Mike is already doing the prep work, thawing the chicken I pulled from the frozen tundra of the freezer, or heating up some peas and carrots (always with a bit of garlic and herb butter—yum, yum).

By the time I join him in the kitchen, I'm ready to take the lead, seasoning, breading and baking the chicken, or tossing together a salad while Mike warms up some bread. It's nice, the two of us working side by side at the counter, a well-oiled machine in perfect sync, a real power couple preparing a delicious, home-cooked meal together.

It's not a perfect relationship, of course—what relationship is? I'll admit it: Sometimes after a hard day, I take my frustrations out on Mike—believe me, no one knows how to push his buttons like I do. He has his flaws, too. Sometimes, if I don't keep an eye on what he's doing, he'll serve up food that's either dry and overdone or raw and cold in the middle. He's not a very intuitive chef, either. And if I'm honest, when it comes to inspirational cooking, Mike doesn't like to think outside of the box.

And even though kitchen time is our together time after a long day apart, Mike tends to zone out on me. There I'll be, talking about my day, but I know he's not really listening to me. He just keeps humming to himself, wearing that blank, empty expression only he can muster. That's usually when my husband walks in and says, "Are you talking to the microwave again?"

"His name is Mike," I say. "Microwave is so formal." ■

Jane is an artist and writer in New Philadelphia, Ohio. Her husband, John, has never stood in the way of her relationship with Mike.

Do you have a heartwarming kitchen memory or a funny tale of cooking with a beloved appliance? We'd love to hear it. Send it to **editors@tasteofhome.com**.

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It Takes Two to Salsa

A **daughter and her birth mother** reunite, **bonding over cooking** and Mexican food

BY ANNE TEGTMEIER

It's difficult to put into words what it's like to meet your birth mother for the first time. I met mine, Donna Kelly, when I was 27, and we connected powerfully, quickly and permanently—in part because of our love of cooking.

We were living about as far away from one another as you can get in this country: I in Connecticut, Donna in Oregon. So we got to know each other through handwritten letters, long phone calls and regular emails. When we finally met in San Diego, we embraced immediately. Although it was a while before I met Donna's husband, Jim, and their four children—Katy, Amy, Matt and Jake—once we made that leap we all grew quite close.

It was during that first meeting in San Diego that Donna and I discovered how much we both loved food. She was born and raised in Tucson, Arizona, a few miles from the Mexican border. So, unlike a lot of kids who grew up on PB & J, Donna lunched on bean burritos. Mexican and Southwestern food happens to be both her specialty and my favorite cuisine, so I envy her expertise. Donna's salsas, which I've shared here, are the best. She's been known to leave pint jars of the stuff on the porches or car seats of those she loves, which has earned her the nickname Salsa Fairy.

Donna definitely loves to cook for friends and family—and always from scratch. Whenever I visit, we spend most of our time planning meals, grocery shopping, cooking and eating. We'll use any excuse to go wild. In fact, we enjoy cooking together so much that we wrote a cookbook, *101 Things to Do With Tofu*. I won second place on the Food Network's *Ultimate Recipe Showdown* with one of the recipes, my Ultimate Veggie Chili. We collaborated again in 2009 on a blog, **fabfrugalfood.com**, recently relaunching it as **apronstringsblog.com** to tell our story through food, one post at a time.

Donna does all this while holding down a demanding job as a prosecuting attorney in Provo, Utah. I live in Portland, Oregon, now and feel so fortunate to be even closer to Donna and her family. Life holds so many more special times for us—and a lot of cooking!

Anne, *at right*, is a licensed massage therapist. She met her birth mother, Donna, *at left*, at age 27.

Sweet & Spicy Pineapple Salsa

There's a definite kick to this fruity combination, which makes a colorful topping for chicken or fish.
—**DONNA KELLY** PROVO, UTAH

PREP/TOTAL TIME: 30 MIN. • **YIELD:** 2 CUPS

- ½ **fresh pineapple, peeled, cored and cut into ½-in. slices**
- 2 **jalapeno peppers**
- 1 **medium mango, peeled and finely chopped**
- ¼ **cup finely chopped onion**
- 2 **green onions, finely chopped**
- 3 **Tbsp. minced fresh cilantro**
- 3 **Tbsp. lime juice**
- 2 **Tbsp. olive oil**
- 2 **Tbsp. honey**
- ⅛ **tsp. salt**
- ⅛ **tsp. pepper**
- ⅛ **tsp. hot pepper sauce**

1. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill pineapple, covered, over medium heat for 3 to 5 minutes on each side or until golden brown. Grill jalapenos until tender, turning occasionally.
2. Let pineapple and peppers cool slightly; finely chop and transfer to a large bowl. Add the remaining ingredients. Chill at least 2 hours. Before serving, allow salsa to come to room temperature.

Editor's Note: *We recommend wearing disposable gloves when cutting hot peppers. Avoid touching your face.*

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Salsa Tips from a Salsa Fairy

Donna Kelly, nicknamed the Salsa Fairy, shares these suggestions:

- For an **instant yummy dip**, mix one part salsa and one part cottage cheese.
- To add a charred flavor to any salsa, place your tomatoes, onions and **chilies on the grill** for a few minutes over very high heat.
- **To can the salsas**, simply add one tablespoon of apple cider vinegar to a pint of salsa before canning. Once you open the salsa, add a little bit of sugar or honey to counterbalance the acidity.

MAKE AHEAD

Sweet & Spicy Pineapple Salsa
Try stirring the salsa into black beans for a lively side dish.

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Zucchini Salsa Verde

This is the best green salsa ever; it's bright and sweet with just the right hint of spice.

—**DONNA KELLY** PROVO, UTAH

PREP: 25 MIN. • **GRILL:** 20 MIN. • **YIELD:** 3 CUPS

- **1 large sweet onion, cut into wedges**
- **2 poblano peppers, cut into 1-in. pieces**
- **2 medium zucchini, cut into 1-in. pieces**
- **4 tomatillos, husks removed and quartered**
- **3 jalapeno peppers, halved and seeded**
- **2 Tbsp. canola oil**
- **2 Tbsp. lime juice**
- **1 Tbsp. Louisiana-style hot sauce**
- **1½ tsp. grated lime peel**
- **¼ tsp. salt**
- **2 tsp. honey, optional**

1. In a large bowl, combine the first six ingredients. Transfer to a grill wok or basket. Grill vegetables, covered, over medium heat for 18-22 minutes or until slightly charred and tender, stirring occasionally.

2. Cool slightly. Finely chop and transfer to a small bowl. Stir in the lime juice, hot sauce, lime peel, salt and honey, if desired.

Editor's Note: *We recommend wearing disposable gloves when cutting hot peppers. Avoid touching your face.*

SHORTCUT

Run the tomatillo, used above, under warm water to easily peel its papery husk and remove the sticky resin. Instead of broiling the tomatoes for the salsa at right, grill them, covered, over medium-hot heat for 6-8 minutes or until skins are blistered, turning occasionally.

Roasted Tomato Salsa

Our family's all-time favorite salsa, this recipe is the reason we grow a huge garden every summer. We make gallons of it and share with our neighbors. You might find yourself eating it right out of the bowl with a spoon.

—**DONNA KELLY** PROVO, UTAH

PREP/TOTAL TIME: 25 MIN. • **YIELD:** 8 CUPS

- **12 large tomatoes, halved and seeded, divided**
- **1 bunch fresh cilantro, trimmed**
- **¼ cup lime juice**
- **2 Tbsp. olive oil**
- **4 garlic cloves, peeled**
- **2 tsp. grated lime peel**
- **1 large sweet yellow pepper, finely chopped**
- **6 jalapeno peppers, minced**
- **12 green onions, thinly sliced**
- **1 Tbsp. ground cumin**
- **1 Tbsp. smoked paprika**
- **1 Tbsp. ground chipotle pepper**
- **2 tsp. salt**
- **¼ tsp. Louisiana-style hot sauce**
- **Tortilla chips**

1. Arrange six tomatoes cut side down on a 15-in. x 10-in. x 1-in. baking pan; drizzle with oil. Broil 4 in. from the heat until skin blisters, about 4 minutes. Cool slightly; drain well.

2. In a food processor, process uncooked and cooked tomatoes in batches until chunky. Transfer all to a large bowl.

3. Place the cilantro, lime juice, oil, garlic and lime peel in the food processor. Cover and process until blended; add to tomatoes. Stir in pepper, jalapenos, onions, cumin, paprika, chipotle pepper, salt and hot sauce. Let stand 1 hour to allow flavors to blend. Serve with chips.

Editor's Note: *We recommend wearing disposable gloves when cutting hot peppers. Avoid touching your face.* ■

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Field Editor Finds FOR Back-to-School

Make your back-to-school routines quicker and easier with these **expert tips** and **must-haves** from our Taste of Home Field Editor moms!

Quick Weeknight Wonders

Holly H.
Malone, NY

"After long days, **Birds Eye Voila skillet meals** make for a quick, DELICIOUS dinner! I'm proud to serve it to my kids and grateful for such a delicious, nutritious, all-in-one-pan meal for such a reasonable price!"

Sweet Treats

Judy B.
Tampa, FL

"I give **King Arthur Flour** an A+! I love making their Chewy Chocolate Chip Cookie Bars with the kids' help. They make wonderful lunch box desserts and are a go-to for bake sales and teacher appreciation days."

A Good Egg

Morgana R.
Belmont, OH

"We often have eggs for a fast and easy dinner, and it's nice to know that **Eggland's Best** helps me put a healthy meal in my kids with all those vitamins! I feel great knowing I'm giving my children a product that's far healthier than an average egg."

Less Mess

Susan S.
Gainesville, NY

"The **Neater Feeder** is such a great concept! With the kids running around, someone inevitably kicks the dog's water dish causing it to splash on the floor. The Neater Feeder catches those spills. No more mopping up messes, at least not from the dog!"

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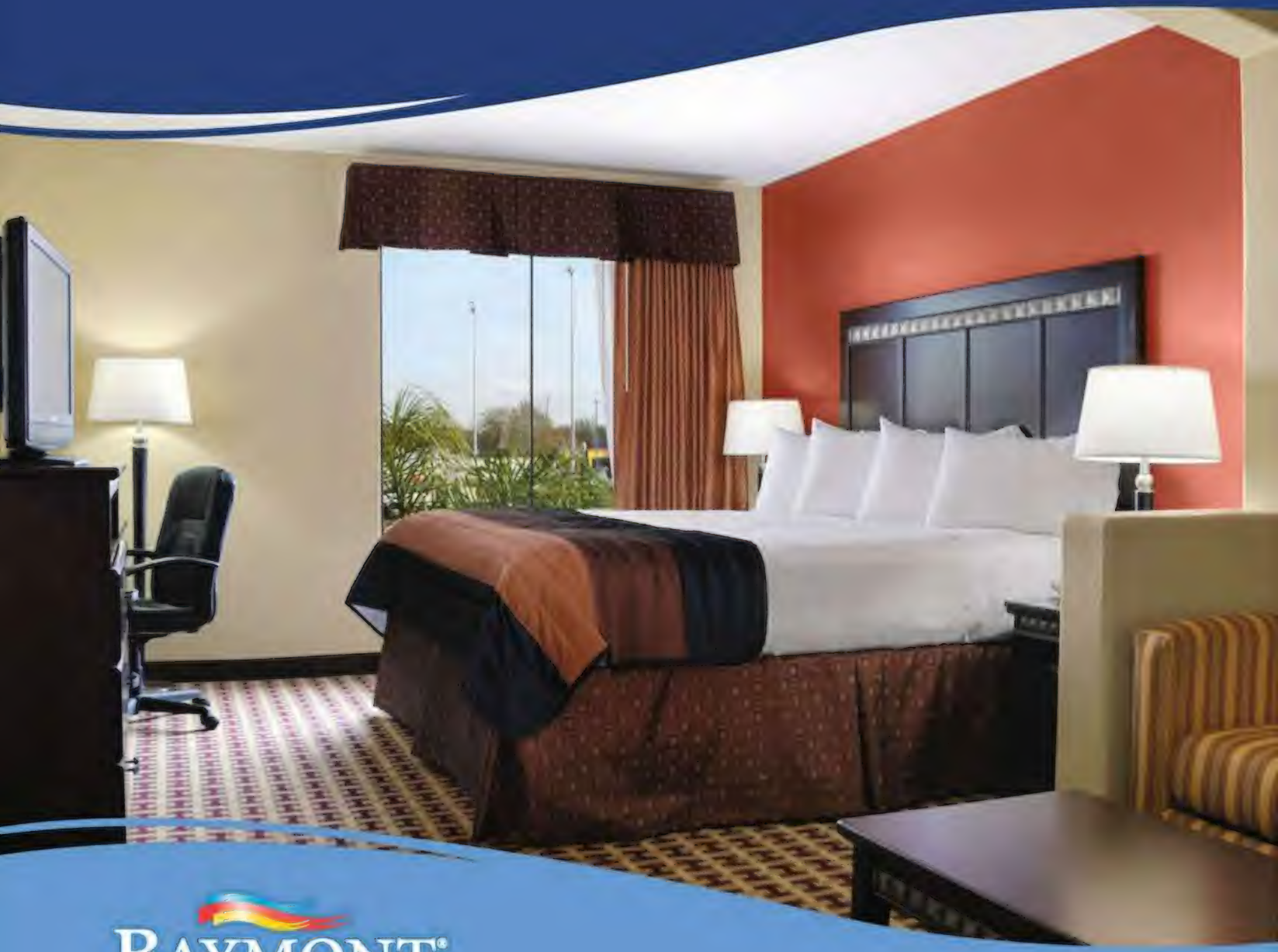

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Everything *and* the Kitchen Sink

Traveling cross-country, our food writers Michael and Jane Stern discover some wild and **crazy local concoctions**

From down-east Maine to uptown Oakland and from Savannah to Seattle, there is one talent American cooks have in common: a knack for inventing crazy, mixed-up dishes. This is a nation that loves strange plate-fellows coming together as delicious "kitchen-sink" creations. The brash, rules-be-damned attitude of America's cooks has produced glorious dishes that long ago became edible symbols of their hometown. **Creole gumbo**, **Cincinnati five-way chili** and the San Francisco seafood stew known as **cioppino** are well-known examples of higgledy-piggledy classics, with nearly as many recipes for each as there are cooks.

Travel around the country, and you'll see that the no-holds-barred spirit continues to thrive, yielding such recent local wonders as the **Korean taco** of Southern California, **barbecue pizza** in Memphis and **praline bacon** in New Orleans. Rochester, New York, has become famous for its **garbage plate**—an outrageous array of macaroni salad, fried potatoes and hot dogs crowned with chili.

Hoppel poppel has long been a staple of upper Midwest community cookbooks and a Sunday meal on kitchen tables throughout the heartland. Named for a nonsense phrase in an old German nursery rhyme about a nosy child who peeks into the stew pot, hoppel poppel is a scramble of eggs and home fries with pork sausage or beef salami, and optional onions, peppers and mushrooms, the whole shebang topped with melted cheese.

Have you ever eaten a **horseshoe**? The place to do so is Springfield, Illinois, where this craziest of sandwiches, first served at a local hotel in the 1920s, has become a signature dish. It was so named because its slice of ham on toast resembled a horseshoe on an anvil, and the french fries scattered around it looked like shoeing nails. But it has lost all resemblance to equine footwear and instead become a mountainous plate of ham (or pork tenderloin or fried chicken) eclipsed by countless fries and a spill of cheese sauce, all atop a bed of toast. There are even **breakfast shoes** made of eggs, hash browns, ham or bacon, and a half-and-half arrangement of cheese sauce and sausage gravy.

No regional cuisine inspires more creativity than Tex-Mex. **Nachos** and **fajitas** practically demand wild ingredients and garnishes, and the border-town breakfast called **migas** is another recipe with countless variations. In Spanish, *migas* means crumbs; but on Southwestern menus, it means eggs scrambled with pieces of tortilla and any combination of sausage, salsa, cheese and hot peppers. **Frito pie** is another local hodgepodge of chili and corn chips crowned with grated cheese and raw onions. On a plate with a few tamales, it's what Arkansas folks know as a **spread**. Served in an individual bag of Fritos, it's a **walking taco**. Batter everything together, dunk it in hot oil, and you will have made the No. 1 award-winning food at the 2010 Texas State Fair: **deep-fried Frito pie**. Crazy, huh?

Migas, My Way

Michael and Jane Stern, authors of more than 40 books, travel the country looking for good food. For more of their culinary discoveries, visit **roadfood.com**

PHOTO OF STERNS: TODD FRANCE; ANTOINE'S: JON ARNOLD IMAGES LTD/ALAMY; SKYLINE: JEFF GREENBERG/ALAMY; FISHERMAN'S WHARF: PER ANDERSEN/ALAMY

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Migas, My Way

Quick, easy and delicious, this egg scramble gets a big thumbs-up from my family. Sometimes I substitute fresh corn tortillas for the chips by cutting them into strips and sauteing them with the pepper and onion.
—**JOAN HALLFORD** NORTH RICHLAND HILLS, TEXAS FE

PREP/TOTAL TIME: 25 MIN.
YIELD: 2 SERVINGS

- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 1 Tbsp. bacon drippings or canola oil
- 4 eggs
- 1 Tbsp. water
- 1 Tbsp. salsa
- ½ cup crushed tortilla chips
- ½ cup shredded cheddar cheese, divided
- Chopped green onions, additional salsa and warm flour tortillas, optional

1. In a large skillet, saute onion and green pepper in drippings until tender. In a small bowl, whisk the eggs, water and salsa. Add to skillet; cook and stir until set. Stir in tortilla chips and ¼ cup cheddar cheese.
2. Sprinkle with remaining cheese. Top with green onions and additional salsa and serve with tortillas if desired.

Fresh and Spicy Cioppino

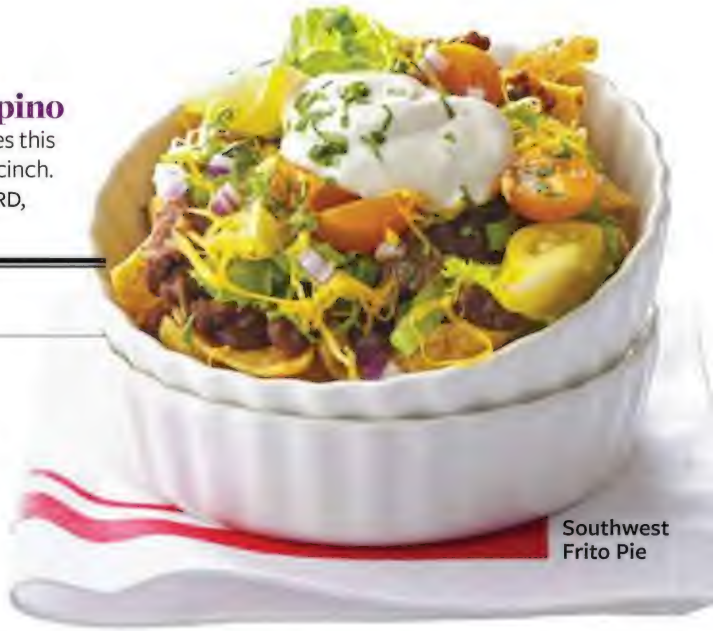
Using prepared pasta sauce makes this hearty and hot one-pot dinner a cinch.
—**DORIS MANCINI** PORT ORCHARD, WASHINGTON

PREP: 25 MIN. • **COOK:** 25 MIN.
YIELD: 8 SERVINGS (3 QT.)

- 5 garlic cloves, minced
- 2 Tbsp. olive oil
- 1 jar (24 oz.) tomato basil pasta sauce
- 1 bottle (8 oz.) clam juice
- 1 cup dry white wine or chicken broth
- ¼ cup water
- 1 tsp. salt
- 1 tsp. sugar
- 1 tsp. crushed red pepper flakes
- 1 tsp. minced fresh basil
- 1 tsp. minced fresh thyme
- 1 lb. fresh littleneck clams
- 1 lb. fresh mussels, scrubbed and beards removed
- 1 lb. uncooked medium shrimp, peeled and deveined
- 1 lb. bay scallops
- 1 pkg. (6 oz.) fresh baby spinach

1. In a Dutch oven, saute garlic in oil until tender. Add the pasta sauce, clam juice, wine, water and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.
2. Add fresh clams, mussels and shrimp. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes, stirring occasionally.
3. Stir in scallops and spinach; cook 5 to 7 minutes longer or until clams and mussels open, shrimp turn pink and scallops are opaque. Discard any unopened clams or mussels.

Fresh and Spicy Cioppino



Southwest Frito Pie

Southwest Frito Pie

I got a real culture shock when we moved to New Mexico several years ago, but we grew to love the food. Now, back in South Carolina, we still crave New Mexican dishes, and this is one of my go-to favorites.
—**JANET SCOGGINS** NORTH AUGUSTA, SOUTH CAROLINA

PREP: 20 MIN. • **COOK:** 25 MIN.
YIELD: 6 SERVINGS

- 2 lbs. lean ground beef (90% lean)
- 3 Tbsp. chili powder
- 2 Tbsp. all-purpose flour
- 1 tsp. salt
- 1 tsp. garlic powder
- 2 cups water
- 1 can (15 oz.) pinto beans, rinsed and drained, optional
- 4½ cups corn chips
- 2 cups shredded lettuce
- 1½ cups (6 oz.) shredded cheddar cheese
- ¾ cup chopped tomatoes
- 6 Tbsp. finely chopped onion
- Sour cream and minced fresh cilantro, optional

1. In a Dutch oven, cook beef over medium heat until no longer pink; drain. Stir in the chili powder, flour, salt and garlic powder until blended; gradually stir in water.
2. Add the beans, if desired. Bring to a boil. Reduce heat; simmer, uncovered, for 12-15 minutes or until thickened, stirring occasionally.
3. To serve, divide chips among six serving bowls. Top with beef mixture, lettuce, cheese, tomatoes and onion; garnish with sour cream and cilantro, if desired. ■

See more regional favorites at **roadfood.com**

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Doing Good, Feeling Good
Kristin Walter, *left*, and Talis Apud share a laugh at an event for their nonprofit, FeelGood, which helps college students turn grilled cheese sandwiches into dollars for those in need.

How to Say Cheese

Led by two women, hundreds of college students turn a simple sandwich into **a model for social change** BY **ELIZABETH RUSSELL** | PHOTOGRAPHY BY **JAMES CARRIERE**

Grilled cheese sandwiches are good things. Grilled cheese sandwiches that help end world hunger while also educating and inspiring college students—well, that's what you would call FeelGood things. And they're just what Kristin Walter and Talis Apud envisioned when they started a nonprofit organization by the same name that's taking college campuses by storm and turning hundreds of students into social entrepreneurs, all while raising over $1 million to eradicate hunger.

"FeelGood (online at **feelgoodworld.org**) was created in 2004 after hours of running together on the University of Texas-Austin cross-country team," says Kristin. "Talis and I shared a passion to make the world a better place, and we made a commitment to team up to change it."

Their mission? Help the more than 1 billion people who aren't getting enough food by starting a movement with the power to sweep across the world.

"I began selling grilled cheese sandwiches on campus for donations," explains Kristin. "I gave all

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The Right Stuff
Talis and Kristin, *at left*, serve up a combination of lunch and hope. They use locally sourced ingredients to produce a great sandwich, support local businesses and keep costs down in order to give more.

MORE ONLINE
To learn about the many ways caring cooks are changing the world, visit **cookswhocare.com**

the money I raised to organizations with track records of working to end hunger." Within six months, she had raised over $10,000; and within a year, she and Talis had formed a student organization that was opening their peers' eyes to poverty and hunger.

"That's when Talis and I began talking about and planning how to leverage this social change model and turn it into a national organization," says Kristin.

After graduation, they wrote a business plan, and in 2005, FeelGood officially became a nonprofit. Spread entirely by word of mouth, FeelGood chapters began cropping up on college campuses across the country. There are now 24, each chapter generating thousands of dollars to eliminate hunger.

FeelGood equips every chapter with all the resources needed to start campus delis specializing in gourmet grilled cheese sandwiches. The students work with locally sourced ingredients, keeping overhead low, and 100 percent of their revenue goes to carefully selected organizations—such as the Hunger Project and CHOICE Humanitarian—that are working to end chronic hunger by sustainable means. Funds to support the operations of the FeelGood organization come from fundraising done by Talis and Kristin.

"When we got started, Kristin and I worked with the resources we had between the two of us," Talis explains.

> "There are more than a billion people in the world who, because they lack a voice, can't get enough food. There's just no way to feel good about that fact unless you get busy changing it. So we are."

"We recruited a board of directors and raised $30,000 for the year. It was enough to host a conference, travel to recruit more people and create even more resources. Serendipity has always seemed to help us along the way. We've found the right board members, investors and students at the right time."

They've also continually asked themselves the right question—what is needed?—which has helped transform FeelGood into a nationwide movement with committed supporters.

"FeelGood is not only a nonprofit, it's also an accredited education program and restaurant model," says Talis. She and Kristin, along with their small, devoted staff, developed an online curriculum, complete with hands-on conferences and camps, that teaches students to be social entrepreneurs and global citizens. Their hope is that students in the program will graduate from college prepared to respond to the world's most pressing issues in practical and compassionate ways.

"We have to be humble and say this has evolved over time," Kristin says. "Our emphasis has been on partnership, not charity. We've built very intentional relationships with people. We took the simplicity of a grilled cheese sandwich and paired it with a complex program, and it's working."

Adds Talis, "There's a lot of collaborating and sharing of best practices within the organization and among the students that creates a cohesion across the country. FeelGood really believes these young people are the key to the future. We're here to serve them and work with them to co-create this organization." ■

Share Your Story Tell us how you or someone you know gives back through cooking. Email **editors@tasteofhome.com**. If your story is selected, we will award your charity $250.

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Grilled Cheese & Tomato Flatbreads, page 82

Grill Power

A **Pennsylvania Field Editor** combines two loves—food and the outdoors—every time she **fires up her grill**

BY **TINA REPAK MIRILOVICH**

I don't know exactly when, but my enthusiasm for food and cooking started early on. My mom, who was a fantastic cook and baker, said that I would stop watching *Sesame Street* just to pull up a stool and help her in the kitchen. I remember her guiding me as I tore lettuce for salads, coated pork chops with breading and mixed up holiday cookies. To this day, my fascination with food—making it and eating it—has never waned. I even got into the food business, producing packaged polenta and pizza crust mixes.

But the real joy comes from cooking for family and friends, or giving them a gift of food to show my appreciation or gratitude.

They'd probably all agree that grilling is my specialty, and there's not much that I haven't prepared on the grill. I've shared some of my favorites here. I do have three grills—two charcoal kettle grills and one gas—but they're nothing fancy. They serve their purpose, which is grilling everything from chunks of provolone cheese (which I serve with crusty bread—yum!) and romaine lettuce to clams and whole smoked turkeys. Grilled pizza is a particular favorite.

One of the great things about grilling, in addition to the fabulous flavors, is that I can do it outdoors. I can't get enough of summer, so I spend every possible minute outside cooking, vegetable gardening and enjoying meals on the patio with my husband, Anthony. He's a foodie, too, so our vacations usually center on unique restaurants and dining experiences, whether we're at a resort here in Pennsylvania or fleeing winter's cold in Florida. We go to Disney World every year, but more for the restaurants than the park itself. In fact, it's not unusual for us to schedule the trip around our restaurant reservations. Talk about loving food!

Tina, *left*, and her husband Anthony live in Johnstown, Pennsylvania. Tina does fundraising and development for a local Catholic high school.

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Grilled Cheese & Tomato Flatbreads

This is a combination of grilled pizza and a cheesy flatbread recipe I discovered years ago. It's a great appetizer or main dish.

—TINA REPAK MIRILOVICH
JOHNSTOWN, PENNSYLVANIA

PREP: 30 MIN. • **GRILL:** 5 MIN.
YIELD: 2 FLATBREADS (12 SERVINGS EACH)

- **1 pkg. (8 oz.) cream cheese, softened**
- **⅔ cup grated Parmesan cheese, divided**
- **2 Tbsp. minced fresh parsley, divided**
- **1 Tbsp. minced chives**
- **2 garlic cloves, minced**
- **½ tsp. minced fresh thyme**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **1 tube (13.8 oz.) refrigerated pizza crust**
- **2 Tbsp. olive oil**
- **3 medium tomatoes, thinly sliced**

1. In a small bowl, beat the cream cheese, ⅓ cup Parmesan cheese, 1 Tbsp. parsley, chives, garlic, thyme, salt and pepper until blended.
2. Unroll pizza crust and cut in half. On a lightly floured surface, roll out each portion into a 12-in. x 6-in. rectangle; brush each side with oil. Grill, covered, over medium heat for 1-2 minutes or until bottoms are lightly browned. Remove from the grill.
3. Spread grilled sides with cheese mixture. Sprinkle with remaining Parmesan cheese; top with tomatoes. Return to the grill. Cover and cook for 2-3 minutes or until crust is lightly browned and cheese is melted, rotating halfway through cooking to ensure an evenly browned crust. Sprinkle with remaining parsley.

Smoky Garlic and Spice Chicken

Garden Vegetable Pasta Salad

Smoky Garlic and Spice Chicken

A soy sauce-based marinade gives this moist, crispy chicken rich flavor. To make chicken satay, I vary the ingredients a bit and marinate the meat longer.

—TINA REPAK MIRILOVICH
JOHNSTOWN, PENNSYLVANIA

PREP: 20 MIN. + MARINATING • **GRILL:** 1 HR. + STANDING • **YIELD:** 4 SERVINGS

- **⅓ cup reduced-sodium soy sauce**
- **3 Tbsp. lime juice**
- **6 garlic cloves, minced**
- **1 Tbsp. olive oil**
- **1 Tbsp. ground cumin**
- **1 tsp. paprika**
- **½ tsp. dried oregano**
- **½ tsp. pepper**
- **1 broiler/fryer chicken (3 to 4 lbs.), split in half lengthwise**

1. In a large resealable plastic bag, combine the first eight ingredients. Add the chicken; seal bag and turn to coat. Refrigerate for 8 hours or overnight.
2. Drain and discard marinade. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Prepare grill for indirect heat, using a drip pan.
3. Place chicken cut side down over drip pan and grill, covered, over indirect medium heat for 1 to 1¼ hours or until a meat thermometer reads 180°, turning occasionally. Let stand for 10 minutes before carving.

Garden Vegetable Pasta Salad

My family has been fixing grilled mixed vegetables as a side dish for a long time. To make them more substantial, I added pasta. Then, to give the salad a Mediterranean flair, I tossed in some olives and feta cheese.

—TINA REPAK MIRILOVICH
JOHNSTOWN, PENNSYLVANIA

PREP: 40 MIN. • **GRILL:** 10 MIN.
YIELD: 26 SERVINGS (¾ CUP EACH)

- **1 lb. fusilli or pasta of your choice**
- **2 medium eggplant**
- **2 medium zucchini**
- **2 medium yellow summer squash**
- **1 large red onion, cut into ½-in. slices**
- **1 medium sweet red pepper, cut in half and seeds removed**
- **¼ cup olive oil**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **3 plum tomatoes, chopped**
- **1½ cups (6 oz. each) crumbled feta cheese**
- **2 cans (2¼ oz. each) sliced ripe olives, drained**
- **2 Tbsp. minced fresh parsley**

PARMESAN VINAIGRETTE:

- **¾ cup olive oil**
- **⅓ cup grated Parmesan cheese**
- **⅓ cup white wine vinegar**
- **3 Tbsp. lemon juice**
- **1 tsp. sugar**
- **1 garlic clove, minced**
- **1 tsp. salt**
- **½ tsp. dried oregano**
- **½ tsp. pepper**

1. Cook pasta according to package directions; drain and rinse in cold water. Place in a bowl and set aside.
2. Meanwhile, cut the eggplant, zucchini and summer squash lengthwise into ¾-in.-thick slices. Brush the eggplant, zucchini, summer squash, red onion and red pepper with oil; sprinkle with salt and pepper. Grill vegetables, covered, over medium heat for 4-6 minutes on each side or until crisp-tender. When cool enough to handle, cut into cubes.
3. Add the tomatoes, feta cheese, olives, parsley and grilled vegetables to the pasta. In a small bowl, whisk the vinaigrette ingredients. Pour over salad; toss to coat. Cover and refrigerate until serving. ■

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An asterisk (*) indicates that the Field Editor has an online screen name. For a list of screen names, go to **tasteofhome.com/screennames**

closeencounter

Many of our Field Editors are recognized in public. Here is one such experience.

"A few years ago, I was out of town and needed to cash a check, so I went into one of my bank's satellite branches. I had my check in hand but hadn't bothered to bring my ID. The teller said she would need it, however, to verify that I was the person whose name was on the check. Immediately, another teller down the line called over, 'She is Inge Schermerhorn—I saw her picture in *Taste of Home* magazine.'" **—INGE SCHERMERHORN** KINGSTON, NEW HAMPSHIRE

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CONTRIBUTOR GUIDELINES

1. *Want to see your name in print?* Send us your favorite recipe to share with other readers. It's easy! Simply use the convenient form at **tasteofhome.com/submit**

2. When sending recipes, please be specific with directions, measurements and sizes of cans, packages and pans. And please share a few words about the recipe and yourself. (For recipe contest entries, follow the directions on *page 64*.)

3. Please be patient. Due to the large volume of mail, it can take our small staff several months to review submissions. We may hold your material without informing you, but we will let you know if we publish something you submitted. Materials that won't fit in *Taste of Home* may be considered for our websites, cookbooks, promotions and other publications.

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5. To submit stories, tips, photos or other nonrecipe content, send them to *Taste of Home*, 5400 S. 60th St., Greendale, WI 53129, or email them to **editors@tasteofhome.com**. Please submit high-resolution digital photos as jpegs at 300 dpi.

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Nutrition facts for all recipes available at **tasteofhome.com/plus**
Noted costs are price per serving. If no cost is listed, price will vary.
*Recipe includes nutritional facts

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Our Test Kitchen has "paired down" some recipes from this issue. Find "serves 2" versions at **tasteofhome.com/plus**

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Jamie Oliver

The **third-generation chef** and host of ABC's *Jamie Oliver's Food Revolution* stirs up feasts with family—and reveals his **culinary holy grail** INTERVIEW BY **MICHELE MEYER** | ILLUSTRATION BY **MICHAEL WITTE**

1 What was the first dish you ever made? You know, I don't remember! By age 7, I cooked to make pocket money at my parents' pub (The Cricketers in Clavering, northeast of London). By 10, I was the restaurant's fastest chopper. As a teen, I'd make a traditional English fry-up of eggs, sausages, tomatoes, mushrooms, bacon and chilies for my mates after a night out.

2 What's a good age for children to learn to cook? Even kids as young as 5 can handle a knife with adult supervision, so don't be afraid to start early. (knife, *left*, **centralchef.com**, *$4*)

3 With four hungry kids at home, ever eat take-out or packaged meals? Home cooked—always.

4 Then you must keep your fridge well stocked. What's in it as we speak? Fresh vegetables, fresh fish, milk, butter and cheeses.

5 *Hmmm*, are you leaning vegetarian? No, I love meat, so I could never be a vegetarian. But I do tend to have a couple of vegetarian days a week, almost by accident, really.

6 So what's your favorite meat dish? I make a mean pork shoulder roast. Crisp golden skin and really tender meat is the holy grail. My trick is to rub the pork with olive oil, salt and pepper, then sear it on the stovetop to crisp up the skin. Finally, bake it at low heat in the oven till it melts off the bone.

7 What's your must-have kitchen gadget? My speed peeler—it's really inexpensive, but one of the best—along with decent knives and a couple of good pans.

8 You're known for eating so healthfully. How do you satisfy a sweet tooth? Green & Black's organic dark chocolate.

Jamie Oliver stars in ABC's reality series *Jamie Oliver's Food Revolution*. He's the author of *Jamie's Meals in Minutes: A Revolutionary Approach to Cooking Good Food Fast* and 10 other cookbooks.

9 What's the last thing you cooked? A quick quesadilla. I've been in Los Angeles for the past few months and am loving Mexican food made from fresh ingredients, including salsas and a variety of chilies.

10 Any final food for thought? You're going to eat a few times a day for the rest of your life, so you may as well enjoy it! ■

MORE ONLINE For one of Jamie's cherished kid-friendly recipes, point your browser to **tasteofhome.com/acrossthetable**

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